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CSFII

Nationwide Food Consumption Survey
Continuing Survey of Food Intakes by Individuals

Women 19-50 Years and Their Children 1-5 Years, 1 Day

1986

Abstract

Abstract

This publication is the first in a series reporting results from the 1986 Continuing Survey of Food Intakes by Individuals conducted by the U.S. Department of Agriculture. One-day food and nutrient intake data for women 19 to 50 years of age and their children 1 to 5 years of age collected in the spring of 1986 are compared with data collected in a similar manner for individuals of the same ages in the spring of 1985. The data, collected using a 1-day recall in a personal interview, are provided in 46 tables, and major results are summarized. Food intakes are aggregated in 60 food groups and subgroups and are tabulated for children in age groups 1 to 3, 4 to 5, and 1 to 5 years, and for women in age groups 19 to 34, 35 to 50, and 19 to 50 years. Mean quantities of foods eaten per individual per day and percentages of individuals who reported eating any food from the specified food groups and subgroups are presented. Tables of the mean intakes of food energy and nutrients and comparisons of intakes with the 1980 Recommended Dietary Allowances are provided for individuals in households classified by income, race, and location (urbanization and region). Also presented are tables of the nutrient densities of diets (intakes of nutrients per 1,000 kilocalories); the percentages of total food energy from protein, fat, and carbohydrate; the frequency of eating; and the nutrient contributions of snacks and of food eaten away from home. Other factors related to nutrient intakes are included, such as the percentages of individuals following special diets or using vitamin and mineral supplements. Characteristics of the sample are included also.

KEYWORDS: Dietary survey, food intake, food away from home, frequency of eating, nutrient density, nutrient intake, snacks, supplements.

January 1987

Acknowledgements

The Continuing Survey of Food Intakes by Individuals 1986 was conducted by the Nutrition Monitoring Division, Human Nutrition Information Service, U.S. Department of Agriculture, under the general direction of Robert L. Rizek, Division Director. Robert B. Reese, chief of the Division's Food Consumption Research Branch, had overall responsibility for planning and supervising the survey. Howard A. Riddick supervised a team of nutritionists, home economists, and economists--Cecilia Wilkinson Enns, Kathryn H. Fleming, Kerry B. Greer, Patricia M. Guenther, Sharon J. Mickle, and Carol A. Tuszynski--in developing plans for coding and tabulating the individual food intake data, analyzing the results, and writing this report. Katherine S. Tippett coordinated the writing and preparation of the report. Brucy C. Gray, Renee A. Powell, and Joseph D. Goldman were responsible for data processing. Frank N. Hepburn and the Nutrient Data Research Branch provided food composition values. Carole A. Davis and the Guidance and Education Research Branch provided gram conversion information. Johna L. Pierce and Gerald Smith provided editorial assistance. Judy M. Roe typed the manuscript and Joanne Rosenthal Levine and Lois Ludka produced the final camera-ready copy.

The sample was designed and the data collected under contract by National Analysts, a division of Booz, Allen and Hamilton, Inc. Beth B. Rothschild was the project director.

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CSFII: Women 19-50 Years and Their Children 1-5 Years, 1 Day, 1986

by the Nutrition Monitoring Division
Human Nutrition Information Service

Introduction

This publication provides data on 1-day food and nutrient intakes by women 19 to 50 years of age of all incomes and their children 1 to 5 years of age surveyed in the spring of 1986. The data were collected using a 1-day dietary recall as part of the 1986 Continuing Survey of Food Intakes by Individuals (CSFII 1986) conducted by the U.S. Department of Agriculture (USDA). Individuals who took part in the survey were asked to provide 6 days of dietary data over a 1-year period. The first day of data, which is reported here, was collected in a personal interview. Subsequent days of data were collected by telephone at approximately 2-month intervals.

The CSFII was initiated in 1985 to provide timely information on the adequacy of diets of selected population groups and to provide early indications of dietary changes. It is a major component of the National Nutrition Monitoring System, a set of related Federal activities intended to provide regular information on the nutritional status of the U.S. population (1).

The National Analysts (a division of Booz, Allen and Hamilton, Inc.), a private firm in Philadelphia, Pennsylvania, conducted the CSFII 1986 under contract with the Human Nutrition Information Service (HNIS), USDA. National Analysts designed the sample; collected the information; edited, coded, and keyed the data; and prepared the final data tape. HNIS defined the information to be collected; provided technical information such as food codes, gram weights of household measures, and the nutrient composition of foods; and monitored all aspects of the contract. National Analysts also conducted the CSFII 1985.

The CSFII 1986 1-day data in this publication are compared with 1-day data collected in the CSFII 1985. In both years, interviewing began in April and continued into June. The sampling, data collection, and data processing procedures used for CSFII 1986 were the same as those used for CSFII 1985. Appendix A provides a detailed discussion of these procedures.

This publication is the first of four that will report results from the CSFII 1986. Future CSFII 1986 publications will provide 1-day dietary data for a separate sample of low-income women and children and multiple days of dietary data for the sample of women and children of all incomes and for the sample of low-income women and children.

Food Intakes

In the spring of 1986, women reported food intakes for themselves and their children that were similar to those reported by a comparable group of women and children in the spring of 1985.[1] In general, changes observed from 1977 to 1985, such as a shift by women and children from whole milk to lowfat milk, continued into 1986 (text table A). There were some differences, however. Intakes by women in 1986 of meat mixtures[2] and citrus fruits and juices were closer to the intakes reported in 1977 than to those reported in 1985. The intake of carbonated soft drinks by children was higher in 1986 than in 1985, after declining from 1977 to 1985. Apparent differences in food intakes between surveys may be attributable to actual changes in food intakes, to sampling variability, or to a change in methodology.

Women--The mean intake of meat, poultry, and fish by women was 164 grams in 1986, compared with 181 grams in 1985. Meat mixtures accounted for most of this difference; the mean intake of meat mixtures by women was 71 grams in 1986, compared with 88 grams in 1985. The proportion of women reporting meat mixtures was 32 percent in 1986, down from 37 percent in 1985.

The mean intake of fluid milk by women increased from 141 grams in 1985 to 152 grams in 1986, although about the same proportion of women reported drinking milk each year (51 and 52 percent, respectively). In 1986, women used more lowfat/skim milk and less whole milk than in both 1985 and 1977. In 1986, as in 1985, younger women (19 to 34 years of age) reported higher intakes of whole milk and lowfat/skim milk than older women (35 to 50 years of age). Both age groups reported higher intakes of lowfat/skim milk than of whole milk.

The mean intake of fruit by women was 132 grams in 1986, up from 119 grams in 1985. The higher intake in 1986 is similar to the intake reported in 1977, 128 grams. Most of the difference was due to changes in intake by older women.

In 1986, the mean intake of low-calorie soft drinks was 127 grams, compared with 108 grams in 1985 and 47 grams in 1977. The proportion of women reporting low-calorie soft drinks was 23 percent in 1986, compared with 20 percent in 1985 and 10 percent in 1977. The use of carbonated soft drinks differed for women by age group. In both 1985 and 1986, younger women had a higher intake of soft drinks than older women. In 1986, low-calorie soft drinks accounted for about one-third of the soft drinks drunk by younger women and about one-half of those drunk by older women.

Children--The mean intake of total meat, poultry, and fish by children was similar in 1985 and in 1986 (104

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[1] See CSFII Report No. 85-1 (2) for a comparison of data from the CSFII 1985 and the Nationwide Food Consumption Survey, spring 1977.

[2] Meat mixtures are mixtures having one or more types of meat, poultry, or fish as a major ingredient, such as stews, casseroles, sandwiches (including hamburgers), and frozen dinners. Mixtures that were coded as separate ingredients are not included here.

Text table A--Mean intakes of selected foods by women 19 to 50 years and percentages of individuals using these foods, 1 day, spring 1977, 1985, and 1986

Food group/subgroup	Mean intakes			Individuals using		
	1977	1985	1986	1977	1985	1986
	--------grams---------			---------percent-------		
Total meat, poultry, and fish....	186	181	164	92	88	88
Meat mixtures	65	88	71	33	37	32
Beef.....	49	27	28	35	23	25
Frankfurters, sausages, and luncheon meats	16	13	12	25	25	22
Pork	18	14	13	24	20	20
Poultry.....	24	22	23	18	19	20
Fish and shellfish	11	13	11	10	12	10
Total fluid milk.....	148	141	152	55	51	52
Whole	98	64	60	39	26	23
Lowfat/skim	48	77	90	16	26	30
Eggs	25	18	19	29	24	27
Total vegetables.....	183	173	176	84	83	81
Total fruits	128	119	132	50	47	50
Citrus fruits and juices	65	56	67	31	25	29
Other fruits, mixtures, juices	63	62	64	30	34	32
Total grain products	162	209	202	92	94	94
Grain mixtures	43	74	70	19	26	29
Total carbonated soft drinks.....	187	287	299	42	54	56
Regular	140	179	171	33	36	34
Low-calorie.....	47	108	127	10	20	23

and 105 grams, respectively). The proportion of children using meat, poultry, and fish was 86 percent in 1985 and 89 percent in 1986. The mean intake of beef by children was about the same in 1986 as it was in 1985, although the proportion of children eating beef increased from 18 percent in 1985 to 25 percent in 1986.

The mean intake of fluid milk by children decreased from 381 grams in 1985 to 341 grams in 1986, closer to the 357 grams reported in 1977. The proportion of children using milk on the surveyed day was the same in both 1985 and 1986, 89 percent; the proportion using milk in 1977 was 88 percent. The decrease in mean intake of fluid milk by children between 1985 and 1986 was due to a decrease in whole milk. The mean intake of lowfat/skim milk by children increased slightly. Like those of women, children's intakes indicated a continuation of the shift from whole milk to lowfat/skim milk. The proportion of children using whole milk decreased from 54 percent in 1985 to 49 percent in 1986, and the proportion using lowfat/skim milk increased from 38 to 43 percent.

Children's mean intake of carbonated soft drinks was 80 grams in 1986, closer to the 77 grams reported in 1977 than the 68 grams reported in 1985. Most of the soft drinks consumed by children were regular, rather than low-calorie, types.

Nutrient Intakes

Mean food energy intake by women was lower in 1986 than in 1985, but intakes of all nutrients and dietary components per 1,000 kilocalories were about the same or higher. Food energy intake by children was the same in 1986 as it was in 1985; most nutrient intakes per 1,000 kilocalories by children were the same or lower. For both women and children, the percentages of food energy provided by protein, fat, and carbohydrate in 1986 were similar to the percentages in 1985.

Women--Food energy intake by women in 1986 was 1,588 kilocalories, compared with 1,661 kilocalories in 1985 and 1,573 kilocalories in 1977. In general, mean food energy intake by women in 1986 was lower than in 1985 regardless of income, race, urbanization, or region; only younger women in nonmetropolitan areas had a higher food energy intake in 1986 than in 1985. The food energy intake by younger women in 1986 was 1,648 kilocalories, compared with a 1,515 kilocalorie intake by older women.

In 1986, as in 1985, mean nutrient intakes by women, expressed as percentages of the 1980 Recommended Dietary Allowances (RDA) (3), were above the RDA for 8 of the 15 nutrients examined. Intakes in both years were below the RDA for seven nutrients: vitamin B-6, calcium, magnesium, iron, vitamin E, folacin, and zinc. Mean intakes in both years of these seven nutrients generally were below the RDA regardless of age, income, race, urbanization, or region.

Of the nutrient intakes that were below the RDA, the differences by age group were generally small, but some differences by income and race were substantial (text table B). Women living in households with reported incomes under 131 percent of the poverty guidelines had lower intakes of calcium, magnesium,

Text table B--Women 19 to 50 years of age: Mean intakes of selected nutrients below the 1980 RDA, by household income level and by race, spring 1986

Income level and race	Vitamin B-6	Calcium	Magnesium	Iron	Folacin	Zinc	Vitamin E
	percentage of RDA						
Age:							
19-34 years	63	82	71	61	52	62	90
35-50 years	61	75	73	58	52	59	92
Income level:							
Under 131% of poverty	58	68	64	59	48	60	81
131-300% of poverty	61	81	70	59	49	62	87
Over 300% of poverty	66	85	79	62	57	61	100
Race:							
White	63	83	74	60	53	61	95
Black	52	54	52	50	42	55	67
All women	62	79	72	60	52	60	91

and vitamin E than women in households with incomes above 300 percent of the poverty guidelines. Black women had lower intakes than white women of all seven nutrients that were below the RDA; the gap was particularly large for calcium, magnesium, and vitamin E.

Mean intakes below the RDA do not necessarily mean that individuals in the group were malnourished. Nutrient requirements for individuals differ, and the RDA are set high enough to meet the requirements of nearly all healthy individuals in a given sex and age group. Thus, the RDA for nutrients exceed the requirements of many individuals. Although intakes below the RDA for a nutrient are not necessarily inadequate, the risk of some individuals having inadequate intakes increases as the mean intake for the group falls further below the RDA.

In 1986, the percentage of food energy provided by total fat was 36 percent; and by carbohydrate, 46 percent. These percentages are nearly the same as in 1985 as shown below:

	Fat		Carbohydrate	
	1985	1986	1985	1986
	percent			
Children:				
1-5 years	34	35	52	51
Women:				
19-50 years	37	36	46	46

As in 1985, about two-fifths of the fat consumed was saturated, two-fifths was monounsaturated, and one-fifth was polyunsaturated.

Children--The food energy intake by children in 1986 was 1,447 kilocalories, compared with 1,446 kilocalories in 1985 and 1,335 kilocalories in 1977. In 1986, children living in households with reported income under 131 percent of the poverty guidelines had slightly lower food energy intakes than children in households above 300 percent of the poverty guidelines (1,427 and 1,478 kilocalories, respectively). Black children had a lower food energy intake than white children (1,303 and 1,463 kilocalories, respectively).

Nutrient intakes by children, expressed as percentages of the 1980 RDA, were lower in 1986 than in 1985. Even so, the intakes of only two nutrients--iron and zinc--failed to meet the RDA in both years. In 1986, the intake of iron by children was 86 percent of the RDA, and the intake of zinc was 82 percent. In addition to iron and zinc, children in households with reported incomes over 300 percent of the poverty guidelines failed to meet the RDA for vitamin E (averaging 85 percent of the RDA) and black children failed to meet the RDA for vitamin B-6 (93 percent), calcium (69 percent), magnesium (82 percent), and vitamin E (85 percent).

Eating Patterns

Women--In 1986, as in 1985, three out of four women reported eating snacks. This is higher than in 1977 when three out of five women reported eating snacks.

In 1986, snacks provided 16 percent of food energy, 20 percent of carbohydrate, 13 percent of fat, 9 percent of protein, and 10 to 16 percent of vitamins and minerals--about the same as in 1985.

In 1986, 57 percent of the women reported obtaining and eating food away from home. This is the same percentage as in 1985 but much higher than the 45 percent who reported eating food away from home in 1977. Younger women reported eating away from home more often than older women in 1986 but not in 1985. In 1986, 60 percent of younger women reported obtaining and eating some food away from home on the surveyed day, compared with 53 percent of older women. Younger women obtained 31 percent of their food energy and 27 to 33 percent of their nutrients from food eaten away from home; older women obtained 25 percent of their food energy and 21 to 28 percent of their nutrients from food eaten away from home.

Children--Snacks were reported by a lower proportion of children in 1986 (76 percent) than in 1985 (83 percent); these figures are higher than in 1977 (62 percent). Reflecting the decrease from 1985 to 1986, the contribution of children's snacks to their food energy decreased to 16 percent in 1986 from 19 percent in 1985. In 1986, children obtained 9 to 18 percent of their nutrients from snacks, compared with 9 to 22 percent in 1985.

In 1986 and 1985, similar percentages of children obtained and ate food away from home (45 and 43 percent, respectively), up from 30 percent in 1977. Eating away from home differed by age in 1986: 39 percent of children 1 to 3 years of age ate food away from home, compared with 53 percent of children 4 and 5 years of age. In 1986, food eaten away from home provided 14 to 20 percent of food energy and nutrients for children.

Supplements

In 1986, 55 percent of the women reported using some type of vitamin or mineral supplement either regularly or occasionally. This is lower than the 58 percent who reported using supplements in 1985, but higher than the 39 percent using supplements in 1977. Supplements were reported for similar proportions of children in 1985 and 1986 (60 and 59 percent, respectively), up from 47 percent in 1977.

Table 1.1-1.--Meat, Poultry, Fish: Mean Intakes per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Grams----------									
Children:												
1-3	336	312	98	95	14	12	7	7	1	1	(*)	(*)
4-5	211	236	114	118	15	18	8	10	1	1	(*)	0
All	548	547	104	105	14	15	7	9	1	1	(*)	(*)
Women:												
19-34	854	825	179	163	26	28	13	12	1	2	1	1
35-50	649	685	185	166	28	27	15	13	1	2	1	2
All	1,503	1,510	181	164	27	28	14	13	1	2	1	1

	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish	
			Total		Chicken					
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----------Grams----------									
Children:										
1-3	11	15	13	13	12	10	6	4	44	40
4-5	14	15	25	19	23	15	3	4	46	47
All	12	15	18	15	16	12	5	4	45	43
Women:										
19-34	15	12	21	24	19	20	11	10	88	71
35-50	11	13	23	23	20	20	16	13	88	72
All	13	12	22	23	19	20	13	11	88	71

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.1-2.--Meat, Poultry, Fish: Percentage of Individuals Using, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total		Beef		Pork		Lamb, Veal, Game		Organ Meats	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---									
Children:												
1-3	336	312	82.6	86.8	17.2	24.3	14.9	16.3	1.3	1.0	0.2	0.3
4-5	211	236	90.6	92.5	18.0	25.5	18.2	18.2	1.5	1.2	.4	.0
All	548	547	85.7	89.3	17.5	24.8	16.2	17.1	1.4	1.1	.3	.2
Women:												
19-34	854	825	87.2	86.8	22.3	25.5	18.9	19.9	.9	1.3	.9	.7
35-50	649	685	89.3	88.3	24.1	23.8	22.5	20.3	1.0	1.0	1.0	1.5
All	1,503	1,510	88.1	87.5	23.1	24.7	20.5	20.1	1.0	1.2	1.0	1.1

Age of Individuals (Years)	Frankfurters, Sausages, Luncheon Meats		Poultry				Fish and Shellfish		Mixtures Mainly Meat, Poultry, Fish	
			Total		Chicken					
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Percent---									
Children:										
1-3	25.6	29.9	18.3	17.5	16.4	14.7	9.9	6.8	31.1	29.3
4-5	32.3	32.3	26.1	20.5	24.7	17.6	5.2	9.8	33.4	34.2
All	28.2	30.9	21.3	18.8	19.6	16.0	8.1	8.1	32.0	31.4
Women:										
19-34	26.2	22.4	18.9	19.8	16.6	17.3	10.0	10.0	36.4	31.4
35-50	22.6	21.7	19.5	21.3	17.1	17.7	13.5	10.4	38.0	33.5
All	24.6	22.1	19.1	20.5	16.8	17.4	11.5	10.2	37.1	32.3

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.2-1.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Mean Intakes per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Milk and Milk Products: Total Milk and Milk Products		Milk and Milk Products: Total Milk and Milk Products		Fluid Milk: Total		Fluid Milk: Whole		Fluid Milk: Lowfat/Skim	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----Grams----		---Calcium Equivalents---		----------Grams----------					
Children:												
1-3	336	312	425	419	472	465	381	364	228	198	153	165
4-5	211	236	433	379	486	444	381	310	227	157	153	153
All	548	547	428	402	477	456	381	341	228	181	153	160
Women:												
19-34	854	825	219	243	278	301	155	173	74	74	81	99
35-50	649	685	181	182	232	246	123	126	51	44	71	81
All	1,503	1,510	203	215	259	276	141	152	64	60	77	90

Age of Individuals (Years)	Milk and Milk Products: Yogurt		Milk and Milk Products: Cream and Milk Desserts		Milk and Milk Products: Cheese		Eggs		Legumes, Nuts, Seeds	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----------Grams----------									
Children:										
1-3	5	6	15	16	10	13	18	16	22	18
4-5	5	9	27	24	12	18	16	20	31	22
All	5	8	19	19	11	15	17	18	26	20
Women:										
19-34	11	9	24	24	17	17	18	20	24	13
35-50	5	7	25	18	18	19	17	19	19	19
All	8	8	24	21	18	18	18	19	22	16

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.2-2.--Milk and Milk Products; Eggs; Legumes, Nuts, Seeds: Percentage of Individuals Using, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Milk and Milk Products: Total Milk and Milk Products		Milk and Milk Products: Fluid Milk: Total		Milk and Milk Products: Fluid Milk: Whole		Milk and Milk Products: Fluid Milk: Lowfat/Skim	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---							
Children:										
1-3	336	312	95.0	97.1	89.2	90.6	53.6	49.9	37.7	44.0
4-5	211	236	95.1	95.9	89.3	86.8	53.7	47.9	38.8	41.8
All	548	547	95.0	96.5	89.2	89.0	53.6	49.1	38.1	43.1
Women:										
19-34	854	825	77.7	77.2	52.6	52.8	27.3	24.9	26.1	29.7
35-50	649	685	74.8	74.8	49.7	50.6	24.3	21.4	26.0	30.4
All	1,503	1,510	76.5	76.1	51.4	51.8	26.0	23.3	26.1	30.0

Age of Individuals (Years)	Milk and Milk Products: Yogurt		Milk and Milk Products: Cream and Milk Desserts		Milk and Milk Products: Cheese		Eggs		Legumes, Nuts, Seeds	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Percent---									
Children:										
1-3	5.0	4.7	21.5	18.2	30.3	32.9	30.5	29.0	31.2	31.6
4-5	3.8	4.7	29.0	23.9	32.6	36.8	25.3	28.7	36.5	35.6
All	4.5	4.7	24.4	20.6	31.2	34.6	28.5	28.8	33.2	33.3
Women:										
19-34	5.8	4.0	24.8	24.2	35.2	34.5	23.1	25.9	22.6	19.3
35-50	2.7	3.7	25.2	19.6	32.3	35.2	25.9	28.0	21.7	20.5
All	4.5	3.9	25.0	22.1	33.9	34.8	24.3	26.9	22.2	19.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.3-1.--Vegetables: Mean Intakes per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	1985	1986	1985	1986	1985	1986	1985	1986
	----Number----		----------Grams----------					
Children:								
1-3	336	312	302	288	97	86	32	29
4-5	211	236	306	291	104	100	37	36
All	548	547	303	290	100	92	34	32
Women:								
19-34	854	825	293	304	167	178	51	56
35-50	649	685	290	313	181	173	47	46
All	1,503	1,510	292	308	173	176	50	51

	Tomatoes		Dark-Green Vegetables		Deep Yellow Vegetables		Other Vegetables	
	1985	1986	1985	1986	1985	1986	1985	1986
	----------Grams----------							
Children:								
1-3	10	8	5	6	7	8	44	36
4-5	7	8	5	3	4	3	51	49
All	9	8	5	5	6	6	47	42
Women:								
19-34	20	21	9	14	7	7	80	80
35-50	19	22	14	12	6	8	95	86
All	20	22	11	13	6	7	87	83

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.3-2.--Vegetables: Percentage of Individuals Using, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Vegetables and Fruits		Total Vegetables		White Potatoes	
	1985	1986	1985	1986	1985	1986	1985	1986
	----Number----		----------Percent----------					
Children:								
1-3	336	312	91.5	91.9	73.2	76.1	42.5	41.6
4-5	211	236	91.2	91.9	77.1	80.6	45.8	42.9
All	548	547	91.4	91.9	74.7	78.0	43.8	42.2
Women:								
19-34	854	825	89.9	87.8	82.5	80.0	45.9	42.7
35-50	649	685	89.5	90.9	84.3	81.8	41.9	39.6
All	1,503	1,510	89.7	89.2	83.3	80.9	44.2	41.3

	Tomatoes		Dark-Green Vegetables		Deep-Yellow Vegetables		Other Vegetables	
	1985	1986	1985	1986	1985	1986	1985	1986
	----------Percent----------							
Children:								
1-3	22.0	25.9	8.0	10.2	10.5	8.7	47.5	50.5
4-5	20.6	28.0	7.9	6.0	10.8	9.5	56.8	60.2
All	21.5	26.8	8.0	8.4	10.6	9.0	51.1	54.7
Women:								
19-34	29.6	31.6	8.2	10.0	8.6	10.1	63.3	63.1
35-50	27.7	29.6	10.7	11.6	9.3	12.0	70.2	67.0
All	28.8	30.7	9.3	10.7	8.9	11.0	66.3	64.9

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.4-1.--Fruits: Mean Intakes per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Grams							
Children:										
1-3	336	312	204	202	72	61	65	50	3	2
4-5	211	236	202	191	67	74	57	63	3	2
All	548	547	204	197	70	67	62	56	3	2
Women:										
19-34	854	825	126	126	63	68	52	57	1	1
35-50	649	685	108	140	47	66	39	50	1	1
All	1,503	1,510	119	132	56	67	46	54	1	1

	Other Fruits, Mixtures, Juices									
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Grams									
Children:										
1-3	129	139	23	22	12	16	30	28	63	74
4-5	133	115	25	22	10	8	36	29	62	55
All	131	128	24	22	11	13	33	28	63	66
Women:										
19-34	62	57	12	12	9	9	23	22	18	14
35-50	61	73	18	16	8	14	25	34	10	9
All	62	64	15	14	9	11	24	27	15	12

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.4-2.--Fruits: Percentage of Individuals Using, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Fruits		Citrus Fruits and Juices				Dried Fruits	
					Total		Juices			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---							
Children:										
1-3	336	312	72.1	68.7	34.1	32.1	30.2	24.3	6.1	5.3
4-5	211	236	68.3	67.5	35.2	37.8	27.6	29.8	6.9	3.5
All	548	547	70.7	68.1	34.5	34.6	29.2	26.7	6.4	4.5
Women:										
19-34	854	825	47.8	47.9	25.9	28.4	20.5	23.1	1.5	1.3
35-50	649	685	45.5	53.3	23.0	30.7	17.0	22.7	1.6	2.7
All	1,503	1,510	46.8	50.4	24.6	29.4	19.0	22.9	1.5	1.9

Age of Individuals (Years)	Other Fruits, Mixtures, Juices									
	Total		Apples		Bananas		Other Fruits and Mixtures Mainly Fruit		Noncitrus Juices and Nectars	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Percent---									
Children:										
1-3	56.2	53.8	23.7	18.2	12.1	11.6	21.5	20.8	24.4	25.3
4-5	53.5	49.9	20.3	19.0	10.9	8.0	20.7	19.9	21.2	20.6
All	55.2	52.1	22.4	18.5	11.7	10.0	21.2	20.4	23.2	23.3
Women:										
19-34	33.7	29.9	9.5	8.8	9.3	8.3	15.8	13.5	6.6	5.4
35-50	33.4	35.0	13.1	10.8	7.6	12.9	16.1	17.5	4.0	3.1
All	33.6	32.2	11.0	9.7	8.6	10.4	15.9	15.3	5.5	4.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.5-1.--Grain Products; Fats and Oils; Sugars and Sweets: Mean Intakes per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Grain Products											
			Total Grain Products		Yeast Breads And Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-to-Eat Cereals			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Grams---											
Children:														
1-3	336	312	190	201	34	31	39	45	48	57	17	17	70	68
4-5	211	236	220	214	39	36	50	44	64	64	24	20	68	70
All	548	547	202	206	36	33	43	45	54	60	20	18	69	69
Women:														
19-34	854	825	217	207	43	38	51	51	39	42	9	11	83	76
35-50	649	685	200	196	41	43	55	49	41	42	6	7	63	62
All	1,503	1,510	209	202	42	40	53	50	40	42	8	9	74	70

Age of Individuals (Years)	Fats and Oils						Sugars and Sweets					
	Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars And Sweets		Sugars		Candy	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Grams---											
Children:												
1-3	5	5	3	3	2	2	28	25	1	1	7	6
4-5	6	6	3	4	2	2	41	31	2	2	8	8
All	5	6	3	3	2	2	33	28	1	1	8	7
Women:												
19-34	16	14	5	4	10	9	19	18	3	3	5	6
35-50	17	17	4	5	11	10	17	19	4	4	5	5
All	16	15	4	4	11	10	18	19	4	4	5	6

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.5-2.--Grain Products; Fats and Oils; Sugars and Sweets: Percentage of Individuals Using, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Grain Products											
			Total Grain Products		Yeast Breads and Rolls		Other Baked Goods		Cereals and Pastas				Mixtures Mainly Grain	
									Total		Ready-to-Eat Cereals			
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---											
Children:														
1-3.....	336	312	99.5	99.7	74.8	72.4	71.9	72.0	65.6	68.2	52.1	47.6	39.4	38.0
4-5.....	211	236	99.3	99.2	72.6	68.7	68.0	67.2	71.9	66.1	58.9	52.6	36.9	36.4
All.....	548	547	99.4	99.5	74.0	70.8	70.4	69.9	68.0	67.3	54.7	49.8	38.4	37.3
Women:														
19-34.....	854	825	94.7	92.9	67.4	63.2	57.0	56.7	32.8	31.9	18.6	19.4	28.0	31.5
35-50.....	649	685	93.0	94.5	65.1	68.8	58.4	54.4	31.6	33.7	14.2	17.4	23.7	26.2
All.....	1,503	1,510	93.9	93.6	66.4	65.7	57.6	55.7	32.3	32.7	16.7	18.5	26.2	29.1

Age of Individuals (Years)	Fats and Oils						Sugars and Sweets					
	Total Fats and Oils		Table Fats		Salad Dressings		Total Sugars and Sweets		Sugars		Candy	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Percent---											
Children:												
1-3.....	49.6	55.0	39.9	43.3	15.2	14.6	57.5	55.9	16.5	17.5	21.7	16.9
4-5.....	53.7	55.3	40.0	38.9	23.0	20.5	65.8	59.1	24.6	17.5	27.1	22.6
All.....	51.2	55.1	40.0	41.4	18.2	17.1	60.7	57.3	19.7	17.5	23.8	19.3
Women:												
19-34.....	62.8	59.2	38.9	38.4	35.5	31.0	53.7	48.6	34.5	32.5	14.3	13.5
35-50.....	65.3	70.7	39.5	42.7	37.7	38.3	56.6	54.9	41.6	41.4	12.6	8.9
All.....	63.9	64.4	39.1	40.4	36.4	34.3	55.0	51.4	37.5	36.5	13.6	11.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.6-1.--Beverages: Mean Intakes per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number--		----------		----------		Grams	----------						
Children:														
1-3	336	312	173	164	0	0	0	0	173	164	(*)	(*)	25	27
4-5	211	236	177	217	0	0	0	0	177	217	(*)	0	28	30
All	548	547	174	187	0	0	0	0	174	187	(*)	(*)	26	28
Women:														
19-34	854	825	856	867	98	75	74	54	759	792	238	226	155	169
35-50	649	685	1,010	957	66	47	38	22	944	910	443	450	181	170
All	1,503	1,510	922	908	84	62	59	40	838	845	326	328	166	169

Age of Individuals (Years)	Nonalcoholic Beverages											
	Fruit Drinks and Ades						Carbonated Soft Drinks					
	Total		Regular		Low-Calorie		Total		Regular		Low-Calorie	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Grams											
Children:												
1-3	81	77	74	61	6	16	67	59	58	51	10	8
4-5	80	80	73	73	7	7	68	107	63	92	6	15
All	80	79	74	66	7	12	68	80	60	69	8	11
Women:												
19-34	69	68	59	55	10	13	296	329	193	210	103	118
35-50	46	28	38	20	8	8	274	263	161	124	113	138
All	59	50	50	39	9	11	287	299	179	171	108	127

NOTE: See "TABLE NOTES."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 1.6-2.--Beverages: Percentage of Individuals Using, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Total Beverages		Alcoholic Beverages				Nonalcoholic Beverages					
					Total		Beer and Ale		Total		Coffee		Tea	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number--		---Percent---											
Children:														
1-3.....	336	312	57.5	48.4	0.0	0.0	0.0	0.0	57.5	48.4	0.3	0.7	10.6	9.8
4-5.....	211	236	54.3	64.8	.0	.0	.0	.0	54.3	64.8	1.6	.0	11.6	12.1
All.....	548	547	56.3	55.5	.0	.0	.0	.0	56.3	55.5	.8	.4	11.0	10.8
Women:														
19-34.....	854	825	91.4	88.9	13.8	13.8	8.8	6.7	90.3	87.7	40.1	38.4	28.5	29.0
35-50.....	649	685	94.2	93.3	16.5	13.9	3.9	4.4	92.9	92.5	68.1	62.3	35.3	29.8
All.....	1,503	1,510	92.6	90.9	15.0	13.9	6.7	5.7	91.5	89.9	52.2	49.2	31.4	29.4

Age of Individuals (Years)	Nonalcoholic Beverages											
	Fruit Drinks and Ades						Carbonated Soft Drinks					
	Total		Regular		Low-Calorie		Total		Regular		Low-Calorie	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Percent---											
Children:												
1-3.....	27.3	27.1	24.2	22.8	3.1	4.7	30.7	25.4	26.4	22.8	4.6	3.3
4-5.....	25.8	32.2	24.3	29.8	2.5	3.0	28.0	38.4	26.4	33.2	3.6	6.2
All.....	26.7	29.3	24.3	25.8	2.8	4.0	29.6	31.0	26.4	27.3	4.2	4.5
Women:												
19-34.....	16.8	14.5	14.8	11.6	2.0	3.1	55.8	60.5	39.1	40.6	20.1	21.7
35-50.....	12.0	8.0	10.2	6.2	1.8	1.8	52.0	50.2	32.4	27.1	21.1	25.3
All.....	14.7	11.5	12.8	9.1	1.9	2.5	54.2	55.8	36.2	34.5	20.5	23.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 2.1.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Spring 1985 and Spring 1986

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		Kilocalories		----------Grams----------						International Units		---------Milligrams---------			
Under 131% Poverty:																
Children:																
1-3	98	87	1,385	1,387	54.7	55.5	55.8	58.0	170.5	164.0	3,981	4,003	72	63	1.12	1.16
4-5	63	68	1,584	1,480	64.6	58.9	62.3	60.0	196.7	179.7	4,647	4,579	77	70	1.30	1.28
All	160	155	1,463	1,427	58.6	57.0	58.4	58.9	180.7	170.9	4,242	4,255	74	66	1.19	1.21
Women:																
19-34	174	181	1,655	1,612	66.3	64.8	67.9	64.4	192.6	191.8	4,478	4,988	65	67	1.15	1.16
35-50	117	137	1,523	1,446	63.2	59.0	61.7	62.1	180.1	163.2	3,947	4,196	70	62	1.07	1.06
ALL	291	317	1,602	1,540	65.1	62.3	65.4	63.4	187.6	179.5	4,265	4,647	67	65	1.12	1.12
131-300% Poverty:																
Children:																
1-3	157	119	1,384	1,325	54.7	47.8	52.9	49.4	177.6	177.9	5,298	4,872	80	79	1.13	1.05
4-5	79	97	1,473	1,608	55.0	62.0	55.7	64.7	193.2	200.5	4,645	3,858	85	88	1.17	1.16
All	237	216	1,414	1,452	54.8	54.2	53.8	56.3	182.8	188.1	5,080	4,418	82	83	1.14	1.10
Women:																
19-34	313	293	1,710	1,676	66.3	64.8	68.7	67.3	202.3	199.9	5,710	5,471	87	90	1.22	1.09
35-50	199	191	1,593	1,540	64.9	65.5	68.1	64.7	177.7	174.2	5,500	5,054	79	90	1.12	1.10
ALL	512	484	1,665	1,622	65.7	65.1	68.5	66.3	192.8	189.8	5,628	5,306	84	90	1.18	1.10
Over 300% Poverty:																
Children:																
1-3	63	71	1,325	1,375	47.7	53.1	50.5	52.9	176.7	176.9	4,381	4,756	102	89	1.12	1.19
4-5	40	53	1,764	1,618	71.3	64.8	70.7	64.8	218.5	199.8	3,872	3,677	114	96	1.38	1.29
All	104	124	1,496	1,478	56.9	58.0	58.3	57.9	193.0	186.6	4,183	4,299	107	92	1.23	1.23
Women:																
19-34	256	253	1,779	1,684	66.3	67.5	74.6	70.4	202.8	190.3	5,849	5,699	103	106	1.17	1.19
35-50	252	294	1,693	1,569	65.1	64.3	72.3	64.8	189.4	176.2	5,767	6,624	81	98	1.09	1.08
ALL	508	547	1,736	1,622	65.7	65.8	73.5	67.4	196.2	182.7	5,808	6,195	92	102	1.13	1.13
All Income Levels:																
Children:																
1-3	336	312	1,372	1,360	53.4	52.0	53.6	53.3	174.3	172.9	4,677	4,405	82	76	1.12	1.11
4-5	211	236	1,564	1,562	61.9	61.3	61.1	62.6	197.2	193.5	4,627	3,978	86	83	1.27	1.23
All	548	547	1,446	1,447	56.7	56.0	56.5	57.3	183.2	181.8	4,658	4,221	84	79	1.18	1.17
Women:																
19-34	854	825	1,707	1,648	66.2	65.4	70.0	67.2	198.7	191.7	5,269	5,428	86	88	1.18	1.14
35-50	649	685	1,602	1,515	64.0	62.9	67.5	63.5	181.1	170.6	5,089	5,738	78	85	1.09	1.07
ALL	1,503	1,510	1,661	1,588	65.2	64.3	68.9	65.5	191.1	182.1	5,191	5,569	82	86	1.14	1.11

Table 2.1.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Spring 1985 and Spring 1986--continued

Income Level and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Milligrams						Micrograms		Milligrams							
Under 131% Poverty:																
Children:																
1-3	1.61	1.63	14.4	13.9	1.22	1.21	4.19	3.88	757	799	973	993	185	177	10.2	10.9
4-5	1.76	1.66	16.8	15.2	1.32	1.36	3.83	3.90	847	798	1,130	1,040	214	190	11.2	12.2
All	1.67	1.64	15.3	14.5	1.26	1.27	4.05	3.89	792	799	1,034	1,013	196	183	10.6	11.4
Women:																
19-34	1.40	1.50	17.4	17.0	1.26	1.25	5.52	4.67	574	624	976	1,000	195	200	11.3	11.0
35-50	1.26	1.25	15.8	15.5	1.09	1.07	3.87	3.85	516	482	960	871	196	195	11.1	10.1
ALL	1.35	1.39	16.8	16.4	1.19	1.17	4.86	4.32	550	563	970	945	195	198	11.2	10.6
131-300% Poverty:																
Children:																
1-3	1.70	1.58	13.1	12.3	1.23	1.21	3.91	3.56	899	805	1,065	950	197	183	10.6	10.0
4-5	1.74	1.66	14.3	15.1	1.29	1.24	5.15	4.27	842	822	1,043	1,110	196	204	10.9	10.5
All	1.72	1.61	13.5	13.6	1.25	1.22	4.32	3.88	880	813	1,058	1,022	197	193	10.7	10.2
Women:																
19-34	1.52	1.48	17.8	16.6	1.30	1.26	4.99	4.67	722	700	1,095	1,070	223	218	11.4	10.8
35-50	1.36	1.39	17.3	16.4	1.23	1.23	6.28	4.74	581	648	984	1,018	221	216	10.9	10.5
ALL	1.46	1.44	17.6	16.5	1.27	1.25	5.49	4.70	667	680	1,052	1,049	222	217	11.2	10.7
Over 300% Poverty:																
Children:																
1-3	1.58	1.70	13.3	13.0	1.35	1.23	3.60	3.88	769	882	957	1,053	199	201	10.6	10.9
4-5	2.03	1.86	21.1	17.1	1.74	1.45	4.45	4.24	896	919	1,243	1,170	253	223	13.7	10.9
All	1.76	1.77	16.4	14.7	1.50	1.33	3.93	4.03	819	898	1,069	1,102	220	210	11.8	10.9
Women:																
19-34	1.50	1.55	17.7	18.4	1.36	1.39	4.59	4.59	707	717	1,100	1,102	238	237	11.0	11.4
35-50	1.39	1.38	17.3	17.3	1.24	1.30	3.99	4.58	668	664	1,044	1,024	236	243	11.0	10.9
ALL	1.45	1.46	17.5	17.8	1.30	1.34	4.29	4.58	688	689	1,072	1,060	237	240	11.0	11.1
All Income Levels:																
Children:																
1-3	1.64	1.62	13.6	13.0	1.25	1.22	3.95	3.70	824	821	1,014	992	194	187	10.5	10.3
4-5	1.83	1.69	16.7	15.4	1.42	1.30	4.57	4.05	864	835	1,124	1,099	215	204	11.6	11.0
All	1.71	1.65	14.8	14.0	1.31	1.26	4.19	3.85	840	827	1,057	1,038	202	194	10.9	10.6
Women:																
19-34	1.47	1.51	17.5	17.2	1.30	1.29	4.89	4.53	685	689	1,070	1,064	224	220	11.3	11.0
35-50	1.34	1.33	16.8	16.6	1.19	1.22	4.65	4.50	606	604	999	975	220	221	10.8	10.5
ALL	1.42	1.43	17.2	16.9	1.25	1.26	4.79	4.52	651	651	1,039	1,024	222	221	11.1	10.8

Table 2.1.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Spring 1985 and Spring 1986--continued

Income Level and Age of Individuals (Years)	Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Cholesterol		Dietary Fiber		Vitamin A		Carotenes	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Grams						Milligrams		Grams		Retinol Equivalents			
Under 131% Poverty:														
Children:														
1-3	21.9	23.9	20.5	21.4	9.5	8.6	265	295	9.3	8.8	827	792	187	209
4-5	24.6	23.9	23.3	22.2	10.2	9.5	241	333	11.1	8.9	861	890	272	248
All	22.9	23.9	21.6	21.7	9.8	9.0	256	312	10.0	8.9	840	835	220	226
Women:														
19-34	24.4	23.6	25.8	24.7	12.8	11.4	346	316	10.1	10.0	865	862	244	324
35-50	21.5	22.0	23.3	23.2	12.4	12.5	338	297	10.4	10.0	654	751	271	264
All	23.2	22.9	24.8	24.0	12.7	11.9	343	308	10.2	10.0	780	815	255	298
131-300% Poverty:														
Children:														
1-3	21.8	19.8	19.0	17.6	8.2	8.5	262	217	10.0	9.5	890	848	357	312
4-5	22.4	24.7	20.3	24.0	9.0	11.3	290	275	9.8	11.4	949	758	227	208
All	22.0	22.0	19.5	20.5	8.5	9.8	271	243	9.9	10.4	910	808	314	265
Women:														
19-34	24.8	25.3	25.2	24.4	13.9	12.9	299	316	11.9	11.8	907	860	410	395
35-50	24.4	24.0	25.6	24.0	13.2	12.1	314	315	11.5	11.4	907	841	381	347
All	24.7	24.8	25.4	24.3	13.6	12.6	305	316	11.7	11.6	907	852	399	376
Over 300% Poverty:														
Children:														
1-3	20.8	22.5	18.0	19.1	8.1	7.7	189	197	10.3	10.2	782	883	265	276
4-5	28.4	26.2	25.9	23.4	11.3	10.8	268	233	14.2	10.7	838	842	159	138
All	23.7	24.1	21.1	20.9	9.4	9.0	220	212	11.8	10.4	804	866	224	217
Women:														
19-34	27.3	26.0	27.3	25.6	14.9	13.9	297	280	13.0	12.6	904	923	432	402
35-50	25.8	23.5	26.1	23.6	15.4	13.1	292	284	12.6	12.8	838	991	450	504
All	26.6	24.6	26.7	24.6	15.2	13.5	295	282	12.8	12.7	871	959	441	457
All Income Levels:														
Children:														
1-3	21.7	21.8	19.4	19.3	8.7	8.4	247	239	9.8	9.4	842	810	285	260
4-5	24.4	24.6	22.5	23.0	9.8	10.5	266	280	11.0	10.6	916	806	240	201
All	22.8	23.0	20.6	20.9	9.1	9.3	254	257	10.2	9.9	870	808	268	234
Women:														
19-34	25.5	25.1	25.7	24.6	13.9	12.8	306	300	12.0	11.7	865	879	364	381
35-50	24.2	22.9	24.9	23.4	13.6	12.7	302	294	11.5	11.7	795	921	372	408
All	24.9	24.1	25.4	24.1	13.8	12.7	304	297	11.8	11.7	835	898	368	393

Table 2.1.--Nutrient Intakes: Mean per Individual in a Day, by Income Level, Spring 1985 and Spring 1986 --continued

Income Level and Age of Individuals (Years)	Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Alpha-Tocopherol Equivalents		-Micrograms-		----------		----------		Milligrams			
Under 131% Poverty:												
Children:												
1-3	8.0	7.4	194	198	7.7	8.2	0.8	0.7	1,918	2,097	1,846	1,703
4-5	5.4	5.5	196	221	9.4	9.3	.9	.8	2,303	2,257	2,007	1,747
All	7.0	6.5	195	208	8.4	8.7	.8	.8	2,068	2,167	1,909	1,723
Women:												
19-34	6.7	6.2	194	199	9.4	9.7	1.0	1.1	2,560	2,491	1,938	1,942
35-50	7.0	7.1	181	201	9.1	8.5	1.0	.9	2,564	2,140	1,989	1,874
All	6.8	6.6	189	200	9.3	9.2	1.0	1.0	2,562	2,340	1,959	1,913
131-300% Poverty:												
Children:												
1-3	5.0	5.7	184	191	7.9	7.1	.8	.7	2,018	1,813	2,029	1,888
4-5	6.2	6.1	228	206	9.0	9.3	.9	.9	2,093	2,347	1,994	2,034
All	5.4	5.9	199	198	8.3	8.1	.9	.8	2,043	2,053	2,018	1,953
Women:												
19-34	8.9	7.2	227	205	9.2	9.6	1.1	1.0	2,586	2,415	2,180	2,171
35-50	7.6	7.0	201	204	9.1	9.6	1.1	1.0	2,487	2,516	2,210	2,258
All	8.4	7.1	217	204	9.2	9.6	1.1	1.0	2,548	2,455	2,192	2,205
Over 300% Poverty:												
Children:												
1-3	4.4	4.2	193	197	6.9	7.6	.8	.7	1,721	1,974	2,009	2,036
4-5	5.8	5.3	258	206	11.0	8.9	1.0	.9	2,287	2,303	2,385	2,145
All	4.9	4.6	218	201	8.5	8.2	.9	.8	1,942	2,113	2,155	2,082
Women:												
19-34	8.1	8.4	222	239	9.2	9.7	1.2	1.1	2,653	2,626	2,344	2,365
35-50	8.4	7.8	215	222	9.3	8.9	1.1	1.1	2,585	2,404	2,368	2,432
All	8.2	8.1	218	230	9.3	9.3	1.1	1.1	2,619	2,507	2,356	2,401
All Income Levels:												
Children:												
1-3	5.8	5.7	188	192	7.7	7.6	.8	.7	1,930	1,931	1,964	1,872
4-5	5.8	5.6	216	208	9.4	9.1	.9	.8	2,233	2,258	2,094	1,963
All	5.8	5.6	199	199	8.4	8.2	.8	.8	2,047	2,072	2,014	1,911
Women:												
19-34	8.0	7.4	217	215	9.3	9.5	1.1	1.0	2,612	2,494	2,190	2,168
35-50	7.7	7.3	200	210	9.0	8.9	1.0	1.1	2,530	2,375	2,200	2,220
All	7.9	7.4	210	213	9.2	9.2	1.1	1.0	2,576	2,440	2,195	2,192

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 2.2.--Nutrient Intakes: Mean per Individual in a Day, by Race, Spring 1985 and Spring 1986

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Kilocalories		Grams						International Units		Milligrams			
White:																
Children:																
1-3	286	256	1,370	1,372	52.4	51.8	53.2	53.4	176.1	176.5	4,722	4,273	81	77	1.11	1.11
4-5	172	187	1,546	1,587	60.1	61.8	60.5	63.2	196.2	198.9	4,429	4,226	83	88	1.23	1.20
All	457	442	1,436	1,463	55.3	56.0	55.9	57.5	183.7	185.9	4,612	4,253	82	82	1.15	1.15
Women:																
19-34	712	678	1,715	1,657	65.3	65.7	70.5	68.4	200.0	191.9	5,194	5,667	82	88	1.16	1.14
35-50	563	575	1,610	1,549	63.2	63.4	68.0	65.3	182.1	173.9	5,203	5,922	76	84	1.08	1.07
All	1,275	1,252	1,668	1,607	64.4	64.7	69.4	67.0	192.1	183.6	5,198	5,784	80	87	1.13	1.11
Black:																
Children:																
1-3	28	32	1,412	1,285	58.9	53.3	60.0	53.3	162.8	150.3	4,381	1,901	97	62	1.27	.98
4-5	25	27	1,694	1,325	67.8	51.4	70.8	55.0	200.7	158.7	4,603	2,577	100	69	1.48	1.14
All	53	59	1,544	1,303	63.0	52.4	65.1	54.1	180.5	154.2	4,485	2,212	98	65	1.37	1.05
Women:																
19-34	84	82	1,730	1,690	73.6	64.6	73.7	66.0	189.0	194.2	4,377	3,314	82	92	1.18	1.10
35-50	59	52	1,548	1,149	69.3	52.7	64.2	51.1	171.6	119.2	3,947	3,873	76	59	1.08	.79
All	143	134	1,655	1,481	71.8	60.1	69.8	60.3	181.8	165.3	4,200	3,529	79	79	1.14	.98
Other:																
Children:																
1-3	17	17	1,353	1,239	58.7	51.0	51.8	46.2	165.7	158.3	4,286	11,286	90	95	1.16	1.13
4-5	7	17	1,418	1,414	72.0	61.3	53.5	56.0	162.8	168.8	6,933	2,912	90	65	1.31	1.24
All	24	34	1,372	1,325	62.5	56.1	52.3	51.0	164.9	163.4	5,055	7,175	90	80	1.20	1.18
Women:																
19-34	47	43	1,565	1,512	67.3	66.5	57.8	58.0	196.4	181.2	6,887	6,907	134	79	1.39	1.22
35-50	21	35	1,720	1,474	75.9	66.8	68.6	53.3	200.6	181.6	6,051	3,890	107	98	1.25	1.25
All	68	78	1,612	1,495	69.9	66.6	61.0	55.9	197.7	181.4	6,633	5,555	126	87	1.34	1.24

Table 2.2.--Nutrient Intakes: Mean per Individual in a Day, by Race, Spring 1985 and Spring 1986--continued

Race and Age of Individuals (Years)	Riboflavin		Niacin		VITAMIN B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Milligrams						Micrograms		Milligrams							
White:																
Children:																
1-3	1.65	1.65	13.3	13.0	1.23	1.24	3.86	3.81	842	855	1,016	1,018	194	194	10.2	10.2
4-5	1.78	1.75	16.0	15.4	1.39	1.30	4.01	4.16	864	889	1,111	1,140	213	212	11.2	10.8
All	1.70	1.69	14.3	14.0	1.29	1.27	3.92	3.96	850	870	1,052	1,069	201	202	10.6	10.5
Women:																
19-34	1.50	1.54	17.5	17.3	1.30	1.32	4.63	4.62	716	727	1,084	1,097	227	229	11.2	11.1
35-50	1.36	1.36	16.7	16.9	1.20	1.23	4.54	4.45	630	632	1,007	1,001	224	227	10.7	10.6
All	1.44	1.46	17.2	17.1	1.26	1.28	4.59	4.54	678	683	1,050	1,053	226	228	11.0	10.9
Black:																
Children:																
1-3	1.62	1.28	17.0	12.0	1.44	.91	4.50	2.78	637	599	988	829	192	141	13.1	8.5
4-5	1.98	1.16	19.8	13.2	1.57	1.08	7.93	2.84	775	494	1,137	776	204	138	13.5	9.0
All	1.79	1.23	18.3	12.6	1.50	.99	6.11	2.81	701	551	1,058	805	197	139	13.3	8.7
Women:																
19-34	1.38	1.30	18.0	16.4	1.29	1.16	6.57	3.38	520	482	1,016	899	196	173	11.8	9.8
35-50	1.21	.95	17.1	12.1	1.05	.89	3.96	5.75	438	360	947	684	173	136	11.0	7.8
All	1.31	1.16	17.6	14.7	1.19	1.05	5.50	4.30	487	435	988	816	187	159	11.5	9.0
Other:																
Children:																
1-3	1.50	1.63	13.6	12.8	1.21	1.23	4.44	4.05	747	794	984	972	185	182	9.7	10.9
4-5	1.91	1.60	18.9	13.1	1.49	1.20	6.74	4.71	922	804	1,224	1,114	235	206	13.5	10.9
All	1.62	1.62	15.1	12.9	1.29	1.21	5.11	4.37	798	799	1,054	1,042	200	194	10.8	10.9
Women:																
19-34	1.22	1.58	16.5	18.1	1.28	1.25	5.62	5.98	540	559	984	973	232	209	11.0	12.1
35-50	1.37	1.22	18.5	17.3	1.43	1.22	10.68	3.96	570	502	1,079	943	253	219	13.8	11.9
All	1.26	1.42	17.1	17.7	1.32	1.24	7.16	5.08	549	533	1,013	960	238	213	11.9	12.0

Table 2.2.--Nutrient Intakes: Mean per Individual in a Day, by Race, Spring 1985 and Spring 1986--continued

Race and Age of Individuals (Years)	Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Cholesterol		Dietary Fiber		Vitamin A		Carotenes	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Grams						Milligrams		Grams		Retinol Equivalents			
White:														
Children:														
1-3	21.8	22.0	19.2	19.3	8.4	8.3	242	222	9.9	9.9	846	801	290	245
4-5	24.6	25.2	22.1	23.2	9.6	10.4	258	258	11.0	11.0	858	846	239	218
All	22.8	23.3	20.3	21.0	8.8	9.2	248	237	10.3	10.4	850	820	271	234
Women:														
19-34	25.9	25.8	25.7	24.9	14.0	13.0	296	291	12.2	12.2	858	905	357	403
35-50	24.6	23.6	25.0	23.9	13.8	13.2	289	285	11.7	12.1	810	946	381	424
All	25.3	24.8	25.4	24.4	13.9	13.1	293	288	12.0	12.2	837	924	368	413
Black:														
Children:														
1-3	22.4	20.7	22.2	19.3	10.9	9.5	283	332	10.4	6.9	854	450	234	68
4-5	26.8	20.6	27.0	20.3	11.8	9.9	313	296	11.5	7.7	1,159	499	116	147
All	24.5	20.6	24.4	19.8	11.4	9.7	297	316	10.9	7.3	997	473	179	104
Women:														
19-34	25.4	23.1	28.7	25.1	14.1	12.7	401	379	10.0	9.2	847	597	239	213
35-50	21.6	18.1	24.8	19.3	13.0	9.8	421	308	8.9	6.5	647	815	276	178
All	23.8	21.1	27.1	22.9	13.6	11.6	409	352	9.5	8.1	765	681	254	200
Other:														
Children:														
1-3	20.4	20.5	18.9	16.0	8.4	6.2	309	280	7.2	8.9	718	1,540	282	920
4-5	21.0	22.0	19.2	20.2	9.1	9.5	369	378	7.4	9.8	1,054	609	510	134
All	20.6	21.3	19.0	18.0	8.6	7.8	326	328	7.3	9.3	816	1,083	348	534
Women:														
19-34	19.6	21.0	21.4	22.0	12.4	10.6	272	306	12.7	10.3	857	1,185	601	446
35-50	26.9	18.4	26.9	20.5	10.0	10.2	353	349	11.5	11.2	953	566	442	304
All	21.8	19.8	23.0	21.3	11.7	10.5	297	325	12.3	10.7	886	908	552	383

Table 2.2.--Nutrient Intakes: Mean per Individual in a Day, by Race, Spring 1985 and Spring 1986 --continued

Race and Age of Individuals (Years)	Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Alpha-Tocopherol Equivalents		-Micrograms-		----------		----------		----------		Milligrams	
White:												
Children:												
1-3	5.3	5.4	181	192	7.3	7.4	0.8	0.7	1,886	1,934	1,985	1,948
4-5	5.2	5.6	207	204	8.5	8.8	.8	.8	2,112	2,280	2,090	2,032
All	5.3	5.5	191	197	7.8	8.0	.8	.8	1,971	2,080	2,025	1,984
Women:												
19-34	8.1	7.7	218	220	9.2	9.6	1.1	1.0	2,612	2,499	2,225	2,244
35-50	7.9	7.6	201	212	8.9	9.0	1.0	1.1	2,477	2,403	2,240	2,294
All	8.0	7.7	210	216	9.1	9.3	1.1	1.1	2,553	2,455	2,231	2,267
Black:												
Children:												
1-3	11.1	4.6	248	162	9.0	7.7	.8	.6	2,401	1,663	1,835	1,370
4-5	9.6	4.5	271	183	10.1	9.4	1.0	.9	2,742	1,907	1,919	1,495
All	10.4	4.6	258	171	9.5	8.5	.9	.7	2,560	1,776	1,874	1,427
Women:												
19-34	8.3	6.1	203	185	10.1	9.2	1.1	1.1	2,660	2,389	1,870	1,752
35-50	6.6	4.3	181	147	8.4	6.7	.9	.7	2,737	1,768	1,752	1,386
All	7.6	5.4	194	170	9.4	8.3	1.1	.9	2,691	2,149	1,821	1,611
Other:												
Children:												
1-3	5.0	11.9	217	209	12.7	7.3	1.3	.8	1,808	1,767	1,811	1,880
4-5	5.1	7.9	186	219	22.6	8.5	2.3	.8	3,437	2,012	2,456	1,911
All	5.1	9.9	208	214	15.6	7.9	1.6	.8	2,282	1,887	1,998	1,895
Women:												
19-34	7.5	5.4	238	209	10.4	9.8	1.4	1.2	2,501	2,836	2,256	1,962
35-50	6.5	6.0	238	221	12.4	9.5	1.3	1.1	3,545	2,773	2,550	2,087
All	7.2	5.6	238	215	11.0	9.7	1.4	1.2	2,818	2,808	2,345	2,018

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 2.3.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Spring 1985 and Spring 1986

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Kilocalories		Grams						International Units		Milligrams			
Central Cities:																
Children:																
1-3	101	85	1,354	1,365	54.5	54.3	53.0	53.4	169.7	171.9	4,754	5,324	90	88	1.16	1.23
4-5	60	55	1,616	1,510	69.7	56.9	62.6	58.9	198.7	193.2	4,852	3,538	88	94	1.31	1.35
All	160	140	1,452	1,422	60.1	55.3	56.6	55.5	180.5	180.2	4,791	4,628	89	90	1.22	1.27
Women:																
19-34	248	235	1,745	1,642	70.4	66.8	70.3	66.4	203.9	189.5	4,748	4,965	89	78	1.20	1.14
35-50	168	164	1,624	1,485	65.6	60.3	67.9	62.2	179.8	166.5	5,347	5,103	74	80	1.04	1.03
All	416	399	1,696	1,578	68.5	64.2	69.3	64.7	194.2	180.0	4,990	5,021	83	79	1.14	1.09
Suburban Areas:																
Children:																
1-3	167	164	1,366	1,328	52.7	48.9	53.2	50.5	174.5	174.6	4,913	4,038	79	71	1.13	1.06
4-5	116	126	1,559	1,566	59.5	62.2	60.9	62.0	199.6	195.1	4,711	4,341	92	82	1.27	1.18
All	283	290	1,445	1,431	55.5	54.7	56.4	55.5	184.8	183.5	4,830	4,169	85	75	1.19	1.11
Women:																
19-34	436	413	1,726	1,613	64.8	64.2	71.4	66.4	199.9	187.6	5,528	5,845	92	96	1.17	1.13
35-50	351	376	1,576	1,489	63.5	62.6	67.3	62.0	176.0	167.5	4,960	5,897	83	90	1.09	1.04
All	786	790	1,659	1,554	64.2	63.5	69.6	64.3	189.2	178.0	5,275	5,870	88	93	1.13	1.09
Nonmetropolitan Areas:																
Children:																
1-3	69	62	1,413	1,438	53.5	57.2	55.3	60.8	180.6	169.7	4,000	4,112	79	71	1.05	1.10
4-5	36	55	1,492	1,603	56.9	63.3	59.1	67.4	187.1	190.4	3,980	3,588	63	77	1.19	1.24
All	105	117	1,440	1,516	54.7	60.1	56.6	64.0	182.8	179.5	3,994	3,864	73	74	1.10	1.17
Women:																
19-34	170	177	1,601	1,738	63.6	66.3	65.9	70.2	188.3	204.3	5,367	5,069	65	81	1.16	1.15
35-50	131	144	1,643	1,618	63.3	66.5	67.3	68.8	196.5	183.4	5,105	6,046	68	78	1.13	1.19
All	300	321	1,619	1,684	63.5	66.4	66.5	69.6	191.9	194.9	5,253	5,508	66	79	1.15	1.17

Table 2.3.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Spring 1985 and Spring 1986--continued

Urbanization and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Milligrams		Milligrams		Milligrams		Micrograms		Milligrams							
Central Cities:																
Children:																
1-3	1.63	1.73	14.8	14.4	1.27	1.30	3.72	3.88	799	816	1,013	986	196	190	10.4	11.1
4-5	1.87	1.71	19.6	17.0	1.55	1.47	5.16	3.73	838	725	1,155	1,001	223	202	11.6	12.0
All	1.71	1.73	16.6	15.4	1.37	1.37	4.26	3.82	813	781	1,066	992	206	195	10.8	11.5
Women:																
19-34	1.58	1.47	18.0	17.5	1.37	1.28	5.03	4.01	746	684	1,125	1,073	228	218	11.7	10.9
35-50	1.29	1.31	16.8	15.3	1.20	1.16	3.83	4.48	593	591	1,010	950	219	211	10.8	10.2
All	1.47	1.40	17.5	16.6	1.30	1.23	4.55	4.20	684	646	1,079	1,022	224	215	11.3	10.6
Suburban Areas:																
Children:																
1-3	1.69	1.54	13.0	11.9	1.26	1.14	3.85	3.45	864	824	1,029	980	197	184	10.7	9.6
4-5	1.87	1.67	15.4	15.0	1.38	1.22	4.53	4.01	912	859	1,147	1,119	220	206	11.9	10.8
All	1.76	1.60	14.0	13.2	1.31	1.17	4.13	3.69	883	839	1,078	1,040	207	193	11.2	10.1
Women:																
19-34	1.42	1.53	17.2	17.1	1.29	1.31	4.65	4.64	676	682	1,064	1,050	231	222	11.2	11.0
35-50	1.35	1.28	16.6	16.7	1.18	1.21	4.43	4.08	625	599	996	966	220	222	10.6	10.3
All	1.39	1.41	17.0	16.9	1.24	1.26	4.55	4.37	653	642	1,034	1,010	226	222	10.9	10.7
Nonmetropolitan Areas:																
Children:																
1-3	1.56	1.67	13.2	14.1	1.17	1.33	4.51	4.12	767	816	980	1,034	181	192	10.0	10.9
4-5	1.64	1.74	16.0	14.7	1.34	1.32	3.71	4.46	752	888	1,000	1,151	182	202	10.8	10.1
All	1.59	1.71	14.2	14.4	1.23	1.33	4.24	4.28	762	850	986	1,090	182	197	10.2	10.6
Women:																
19-34	1.45	1.52	17.5	17.2	1.22	1.27	5.29	4.95	617	713	1,006	1,086	200	220	11.0	11.1
35-50	1.39	1.48	17.1	17.8	1.21	1.30	6.29	5.65	573	633	993	1,027	219	228	11.1	11.4
All	1.42	1.50	17.3	17.4	1.22	1.28	5.72	5.26	598	677	1,000	1,060	208	224	11.0	11.2

Table 2.3.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Spring 1985 and Spring 1986--continued

Urbanization and Age of Individuals (Years)	Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Cholesterol		Dietary Fiber		Vitamin A		Carotenes	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Grams						Milligrams		Grams		Retinol Equivalents			
Central Cities:														
Children:														
1-3	21.1	21.1	18.9	19.4	9.1	9.0	249	270	10.0	10.2	862	953	290	326
4-5	24.2	22.0	23.1	22.0	10.6	10.4	309	279	11.3	10.7	1,042	804	211	132
All	22.3	21.5	20.5	20.4	9.7	9.6	271	274	10.5	10.4	929	895	260	250
Women:														
19-34	26.3	25.1	25.4	24.2	13.5	12.3	341	304	12.0	11.5	798	795	319	354
35-50	23.9	22.8	25.2	23.3	14.0	11.6	333	317	11.2	11.3	806	850	405	348
All	25.4	24.2	25.4	23.8	13.7	12.0	338	309	11.7	11.4	801	818	354	351
Suburban Areas:														
Children:														
1-3	21.8	20.9	19.4	18.1	8.3	7.9	238	210	9.9	9.2	835	743	322	237
4-5	24.9	24.8	22.3	22.8	9.4	10.1	249	272	11.3	10.6	885	828	267	248
All	23.1	22.6	20.6	20.1	8.7	8.8	243	237	10.5	9.8	856	780	300	242
Women:														
19-34	25.5	24.6	26.4	24.2	14.6	12.9	300	295	12.4	11.9	848	924	413	422
35-50	24.5	22.2	24.7	22.6	13.5	12.8	286	281	11.3	11.6	750	887	376	447
All	25.0	23.5	25.6	23.4	14.1	12.8	294	288	11.9	11.8	804	906	396	434
Nonmetropolitan Areas:														
Children:														
1-3	22.2	24.9	20.3	22.4	8.9	9.2	266	274	9.3	9.0	830	791	190	227
4-5	23.3	26.7	21.9	24.7	9.8	11.4	245	300	9.2	10.4	804	758	199	163
All	22.6	25.8	20.8	23.5	9.2	10.2	259	286	9.3	9.6	821	775	193	197
Women:														
19-34	24.1	26.2	24.6	26.2	12.7	13.1	271	307	11.1	11.4	1,010	886	305	322
35-50	24.0	24.9	25.1	25.4	13.4	13.6	306	300	12.1	12.4	904	1,090	319	373
All	24.0	25.6	24.8	25.8	13.0	13.3	286	304	11.5	11.9	964	978	311	345

Table 2.3.--Nutrient Intakes: Mean per Individual in a Day, by Urbanization, Spring 1985 and Spring 1986--continued

Urbanization and Age of Individuals (Years)	Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Alpha-Tocopherol Equivalents		-Micrograms-		----------		----------		-Milligrams-			
Central Cities:												
Children:												
1-3	6.9	7.6	208	222	7.2	8.1	0.8	0.8	2,062	1,951	1,959	1,907
4-5	5.9	6.5	213	236	9.5	8.9	.9	.9	2,439	2,148	2,219	1,876
All	6.5	7.1	210	227	8.1	8.4	.8	.8	2,202	2,027	2,055	1,895
Women:												
19-34	8.3	7.3	214	209	9.8	9.4	1.1	1.1	2,744	2,516	2,242	2,097
35-50	7.4	6.7	210	202	8.6	8.5	1.0	1.0	2,672	2,216	2,193	2,046
All	7.9	7.0	212	206	9.3	9.1	1.1	1.0	2,715	2,393	2,222	2,076
Suburban Areas:												
Children:												
1-3	5.3	4.2	179	180	7.9	7.0	.8	.7	1,819	1,841	1,994	1,824
4-5	5.0	5.3	220	193	9.9	9.0	.9	.8	2,143	2,239	2,145	1,954
All	5.2	4.7	196	185	8.7	7.9	.9	.8	1,952	2,014	2,056	1,880
Women:												
19-34	8.0	7.7	226	221	9.2	9.5	1.1	1.0	2,568	2,400	2,241	2,158
35-50	7.7	7.3	196	211	9.1	8.5	1.0	1.0	2,458	2,385	2,199	2,212
All	7.8	7.5	213	216	9.1	9.0	1.1	1.0	2,519	2,393	2,222	2,184
Nonmetropolitan Areas:												
Children:												
1-3	5.4	6.9	181	185	8.0	8.2	.8	.7	2,007	2,142	1,900	1,952
4-5	7.9	5.4	207	216	7.7	9.8	.8	.9	2,181	2,412	1,726	2,067
All	6.3	6.2	190	200	7.9	8.9	.8	.8	2,066	2,269	1,841	2,006
Women:												
19-34	7.8	6.8	200	208	9.0	9.8	1.0	1.1	2,533	2,681	1,986	2,285
35-50	8.2	8.1	196	216	9.1	10.2	1.1	1.2	2,539	2,528	2,213	2,436
All	8.0	7.4	198	212	9.0	10.0	1.1	1.1	2,536	2,613	2,085	2,353

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 2.4.--Nutrient Intakes: Mean per Individual in a Day, by Region, Spring 1985 and Spring 1986

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		Kilocalories		----------Grams----------						International ----Units----		---------Milligrams---------			
Northeast:																
Children:																
1-3	69	72	1,440	1,454	54.9	55.7	55.6	56.5	185.9	185.4	3,789	4,312	87	89	1.23	1.27
4-5	45	48	1,656	1,639	63.4	62.2	59.7	63.5	222.8	208.6	6,700	5,549	93	95	1.47	1.51
All	114	119	1,525	1,527	58.3	58.3	57.2	59.2	200.4	194.6	4,934	4,804	90	91	1.32	1.36
Women:																
19-34	199	176	1,643	1,580	65.5	65.6	67.7	62.9	186.1	182.3	5,033	4,670	79	84	1.13	1.14
35-50	133	132	1,554	1,437	66.8	65.6	66.7	58.8	167.6	155.6	5,212	4,651	87	83	1.09	1.02
All	332	307	1,607	1,519	66.1	65.6	67.3	61.2	178.7	170.8	5,104	4,662	82	84	1.11	1.09
Midwest:																
Children:																
1-3	96	81	1,337	1,403	52.1	54.0	52.9	55.3	167.9	177.1	4,597	3,482	77	67	1.08	1.10
4-5	52	54	1,453	1,646	58.0	66.2	58.1	66.8	179.1	200.0	4,039	3,736	81	95	1.15	1.30
All	148	134	1,378	1,500	54.1	58.9	54.7	59.9	171.8	186.3	4,402	3,583	78	78	1.11	1.18
Women:																
19-34	206	209	1,786	1,707	69.6	69.5	74.9	72.1	206.8	193.7	5,806	6,399	83	83	1.21	1.17
35-50	132	156	1,649	1,549	63.5	63.0	70.4	66.5	187.1	173.9	5,005	6,688	74	95	1.17	1.16
All	338	365	1,732	1,640	67.2	66.7	73.2	69.7	199.1	185.2	5,493	6,523	80	88	1.20	1.16
South:																
Children:																
1-3	92	97	1,369	1,305	52.5	48.3	54.0	52.5	173.3	164.3	5,315	3,494	77	65	1.11	1.03
4-5	63	70	1,664	1,461	68.3	57.5	69.2	59.7	197.2	178.1	3,813	3,098	94	69	1.32	1.08
All	155	167	1,489	1,370	58.9	52.2	60.2	55.5	183.0	170.1	4,706	3,328	84	67	1.20	1.05
Women:																
19-34	278	274	1,674	1,656	63.8	62.3	67.5	65.5	197.1	198.3	5,017	4,327	82	85	1.17	1.08
35-50	226	223	1,636	1,552	66.0	62.6	67.6	65.8	188.4	176.9	4,693	5,121	70	75	1.11	1.04
All	504	498	1,657	1,609	64.8	62.5	67.5	65.6	193.2	188.7	4,872	4,684	77	81	1.14	1.06
West:																
Children:																
1-3	79	62	1,357	1,281	54.7	51.1	52.1	48.4	173.2	166.3	4,811	7,140	90	89	1.10	1.09
4-5	52	65	1,473	1,545	56.9	60.5	55.5	61.5	193.2	193.8	4,404	3,980	76	81	1.14	1.15
All	131	127	1,403	1,415	55.6	55.9	53.4	55.1	181.1	180.3	4,649	5,528	85	85	1.12	1.12
Women:																
19-34	170	165	1,739	1,634	66.7	65.0	70.7	68.6	206.5	188.2	5,308	6,832	102	101	1.20	1.20
35-50	158	174	1,555	1,497	59.2	61.2	65.5	61.3	177.0	170.9	5,624	6,503	84	91	.98	1.08
All	328	339	1,651	1,564	63.1	63.0	68.2	64.8	192.4	179.3	5,460	6,663	93	96	1.10	1.14

Table 2.4.--Nutrient Intakes: Mean per Individual in a Day, by Region, Spring 1985 and Spring 1986--continued

Region and Age of Individuals (Years)	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Milligrams						Micrograms		Milligrams							
Northeast:																
Children:																
1-3	1.85	1.75	14.4	14.6	1.26	1.32	3.84	4.13	921	810	1,095	1,008	207	190	12.2	12.1
4-5	2.17	1.88	18.8	17.8	1.69	1.58	5.85	4.15	904	796	1,183	1,076	243	210	15.0	14.6
All	1.98	1.80	16.2	15.9	1.43	1.42	4.63	4.14	914	805	1,130	1,035	221	198	13.3	13.1
Women:																
19-34	1.41	1.49	17.3	17.7	1.26	1.28	5.53	4.53	660	690	1,036	1,038	227	216	11.8	10.9
35-50	1.31	1.24	17.2	17.4	1.17	1.17	6.19	4.35	593	564	982	945	213	211	11.0	10.3
All	1.37	1.39	17.2	17.6	1.23	1.23	5.79	4.45	633	636	1,014	998	221	214	11.5	10.6
Midwest:																
Children:																
1-3	1.68	1.61	12.6	13.7	1.23	1.22	4.64	3.84	847	805	1,015	998	183	184	10.2	10.2
4-5	1.62	1.84	13.9	15.6	1.18	1.30	3.98	4.60	842	961	1,059	1,212	194	204	10.4	10.9
All	1.66	1.70	13.1	14.5	1.21	1.25	4.41	4.14	845	867	1,030	1,083	187	192	10.2	10.5
Women:																
19-34	1.61	1.60	18.0	17.7	1.32	1.37	4.68	4.48	792	740	1,161	1,148	235	227	11.3	11.5
35-50	1.46	1.43	17.3	17.0	1.25	1.30	4.62	5.13	634	646	1,027	1,004	231	221	11.1	10.4
All	1.55	1.53	17.7	17.4	1.29	1.34	4.65	4.76	730	700	1,109	1,086	234	225	11.2	11.0
South:																
Children:																
1-3	1.53	1.46	14.0	11.9	1.21	1.15	3.50	3.21	732	773	943	939	185	174	10.0	9.4
4-5	1.86	1.43	19.1	14.5	1.54	1.13	4.42	3.75	841	680	1,164	980	211	174	11.6	9.5
All	1.66	1.45	16.1	13.0	1.34	1.14	3.87	3.43	776	734	1,032	956	195	174	10.7	9.5
Women:																
19-34	1.42	1.37	17.7	16.4	1.30	1.18	4.67	4.13	592	620	1,015	997	210	201	11.0	10.2
35-50	1.35	1.32	17.4	16.7	1.20	1.16	4.34	4.54	555	569	1,002	949	215	212	11.0	10.6
All	1.38	1.35	17.6	16.5	1.26	1.17	4.52	4.31	576	597	1,009	976	212	206	11.0	10.4
West:																
Children:																
1-3	1.56	1.72	13.6	12.1	1.30	1.22	3.72	3.79	819	928	1,026	1,050	206	207	9.8	9.5
4-5	1.70	1.72	14.7	14.4	1.29	1.29	4.23	3.86	879	928	1,092	1,153	215	231	10.1	9.9
All	1.61	1.72	14.1	13.3	1.29	1.26	3.93	3.82	843	928	1,052	1,102	209	219	9.9	9.7
Women:																
19-34	1.47	1.66	16.8	17.5	1.31	1.40	4.75	5.26	734	739	1,090	1,098	230	247	11.1	11.8
35-50	1.27	1.32	15.2	15.4	1.14	1.25	3.83	4.00	668	642	987	1,006	223	239	10.0	10.7
All	1.38	1.48	16.0	16.5	1.23	1.32	4.30	4.62	702	690	1,041	1,050	226	243	10.6	11.2

Table 2.4.--Nutrient Intakes: Mean per Individual in a Day, by Region, Spring 1985 and Spring 1986--continued

Region and Age of Individuals (Years)	Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Cholesterol		Dietary Fiber		Vitamin A		Carotenes	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Grams						Milligrams		Grams		Retinol Equivalents			
Northeast:														
Children:														
1-3	23.3	23.7	19.6	20.3	8.9	8.5	273	299	9.3	9.6	756	869	194	213
4-5	23.8	25.1	21.9	23.2	9.6	10.7	258	302	11.9	9.6	1,394	1,091	313	293
All	23.5	24.2	20.5	21.4	9.2	9.3	268	300	10.3	9.6	1,007	957	241	245
Women:														
19-34	24.6	23.6	24.8	22.9	13.5	11.9	312	303	12.2	10.4	799	798	362	304
35-50	24.3	21.2	24.6	21.9	12.9	11.4	320	315	10.8	10.1	841	723	370	344
All	24.5	22.6	24.7	22.5	13.3	11.7	315	308	11.6	10.3	816	766	365	321
Midwest:														
Children:														
1-3	21.9	22.0	19.2	20.3	8.0	9.2	229	204	9.0	9.3	917	707	234	173
4-5	23.3	27.4	21.4	24.6	9.4	10.4	249	262	9.3	10.0	770	804	224	167
All	22.4	24.1	20.0	22.0	8.5	9.7	236	227	9.1	9.6	866	746	231	171
Women:														
19-34	28.0	27.5	27.6	26.4	14.2	13.4	302	306	12.0	12.4	957	951	399	492
35-50	25.7	23.4	25.7	24.2	14.2	14.3	286	294	12.0	11.9	827	1,132	342	445
All	27.1	25.7	26.8	25.4	14.2	13.7	296	301	12.0	12.2	906	1,029	377	472
South:														
Children:														
1-3	21.4	21.6	19.9	19.0	8.9	8.1	233	226	10.0	8.6	829	666	389	198
4-5	28.0	22.9	25.8	22.3	10.4	10.2	275	289	11.6	9.8	763	633	193	158
All	24.1	22.1	22.3	20.4	9.5	9.0	250	252	10.7	9.1	802	652	309	181
Women:														
19-34	24.1	24.2	25.3	24.0	13.5	12.6	292	293	11.5	10.7	874	730	322	294
35-50	23.9	24.0	25.6	24.3	13.3	12.8	324	296	11.6	11.5	737	898	342	326
All	24.0	24.1	25.4	24.2	13.4	12.7	306	294	11.5	11.1	813	805	331	308
West:														
Children:														
1-3	20.3	19.7	19.0	17.4	8.9	7.8	264	236	10.8	10.9	840	1,103	306	523
4-5	21.8	23.9	20.0	22.5	9.7	10.6	277	269	11.1	12.5	832	786	249	208
All	20.9	21.8	19.4	20.0	9.2	9.2	269	253	10.9	11.7	837	941	284	362
Women:														
19-34	25.8	25.2	25.4	25.3	14.7	13.3	328	301	12.8	13.7	818	1,121	395	467
35-50	23.4	22.4	23.5	22.5	14.1	12.0	269	274	11.4	12.8	815	912	442	528
All	24.6	23.8	24.5	23.8	14.4	12.7	300	287	12.1	13.3	817	1,014	418	498

Table 2.4.--Nutrient Intakes: Mean per Individual in a Day, by Region, Spring 1985 and Spring 1986--continued

Region and Age of Individuals (Years)	Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Alpha-Tocopherol Equivalents		---Micrograms---		---Milligrams---							
Northeast:												
Children:												
1-3	6.2	6.5	206	238	7.6	8.8	0.8	0.8	1,955	2,108	2,100	1,879
4-5	5.4	6.2	265	254	10.6	10.4	1.0	.9	2,199	2,318	2,324	1,924
All	5.8	6.4	229	244	8.8	9.4	.9	.8	2,051	2,192	2,188	1,897
Women:												
19-34	7.9	6.9	214	215	9.1	9.4	1.1	1.0	2,506	2,420	2,141	2,016
35-50	7.3	6.2	195	198	8.6	8.6	1.1	1.0	2,616	2,250	2,227	2,116
All	7.7	6.6	206	208	8.9	9.1	1.1	1.0	2,550	2,348	2,176	2,059
Midwest:												
Children:												
1-3	7.0	5.1	183	177	7.6	8.0	.7	.7	2,011	1,917	1,887	1,901
4-5	4.9	5.0	195	210	8.3	9.6	.8	.8	2,261	2,482	1,905	2,094
All	6.2	5.0	187	190	7.9	8.6	.8	.8	2,098	2,143	1,894	1,978
Women:												
19-34	7.6	7.9	213	206	9.8	10.3	1.1	1.0	2,777	2,650	2,365	2,270
35-50	7.9	7.5	197	208	9.1	8.7	1.1	1.1	2,649	2,510	2,292	2,343
All	7.7	7.7	207	207	9.5	9.6	1.1	1.1	2,727	2,590	2,336	2,301
South:												
Children:												
1-3	4.6	4.9	174	168	7.4	6.6	.8	.7	1,816	1,968	1,899	1,727
4-5	7.1	5.1	222	169	9.7	8.8	.9	.8	2,307	2,092	2,102	1,734
All	5.6	5.0	193	169	8.4	7.5	.8	.7	2,015	2,020	1,982	1,730
Women:												
19-34	8.4	6.9	220	203	8.9	8.7	1.1	1.0	2,564	2,301	2,068	2,021
35-50	7.8	7.4	199	223	9.7	8.8	1.0	1.0	2,522	2,406	2,140	2,121
All	8.1	7.1	210	212	9.2	8.7	1.0	1.0	2,545	2,348	2,100	2,066
West:												
Children:												
1-3	5.3	6.6	196	196	8.3	7.1	.9	.8	1,944	1,685	2,013	2,054
4-5	5.4	6.3	188	216	9.1	8.2	1.0	.9	2,143	2,209	2,075	2,130
All	5.4	6.4	193	206	8.6	7.7	.9	.8	2,023	1,952	2,038	2,093
Women:												
19-34	8.1	8.0	224	244	9.8	10.0	1.2	1.2	2,616	2,693	2,236	2,446
35-50	7.8	8.1	207	204	8.1	9.4	1.0	1.1	2,369	2,308	2,187	2,314
All	8.0	8.0	216	224	9.0	9.7	1.1	1.2	2,497	2,496	2,212	2,379

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 3.1.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Spring 1985 and Spring 1986

Income Level and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin		Vitamin B6	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---															
Under 131% Poverty:																		
Children:																		
1-3	98	87	107	107	238	241	199	200	160	140	161	166	201	204	160	154	136	134
4-5	63	68	93	87	215	196	186	183	171	157	144	142	176	166	152	138	102	104
All	160	155	101	98	229	222	194	193	164	147	154	155	191	187	157	147	122	121
Women:																		
19-34	174	181	81	78	144	142	108	122	103	107	109	109	112	120	130	126	61	61
35-50	117	137	76	72	142	134	97	105	115	103	106	106	104	104	122	119	54	54
All	291	317	79	76	143	139	104	114	108	105	108	108	109	113	126	123	58	58
131-300% Poverty:																		
Children:																		
1-3	157	119	106	102	238	208	265	244	179	176	162	150	213	197	146	137	137	134
4-5	79	97	87	95	183	207	186	154	189	195	130	129	174	166	130	137	99	95
All	237	216	100	99	220	207	239	204	182	184	151	141	200	183	140	137	124	117
Women:																		
19-34	313	293	83	82	142	140	137	132	137	146	114	104	120	118	131	123	63	61
35-50	199	191	79	77	145	147	137	126	130	147	111	109	113	114	132	126	61	61
All	512	484	81	80	144	143	137	129	134	147	113	106	117	116	132	124	62	61
Over 300% Poverty:																		
Children:																		
1-3	63	71	102	106	207	231	219	238	227	198	161	170	198	213	148	144	150	137
4-5	40	53	104	95	238	216	155	147	253	214	154	144	203	186	192	156	134	112
All	104	124	103	101	219	224	194	199	237	205	158	159	200	202	165	149	144	126
Women:																		
19-34	256	253	87	83	145	150	143	140	166	172	112	115	121	126	133	138	66	69
35-50	252	294	84	78	146	146	143	165	134	163	108	108	115	115	132	133	62	65
All	508	547	86	80	145	148	143	154	150	167	110	111	118	120	132	135	64	66
All Income Levels:																		
Children:																		
1-3	336	312	106	105	232	226	234	220	183	168	161	159	205	203	151	145	139	136
4-5	211	236	92	92	206	204	185	159	192	185	141	137	183	169	152	140	109	100
All	548	547	100	99	222	217	215	194	186	176	153	150	197	188	151	143	127	120
Women:																		
19-34	854	825	83	80	144	143	128	133	137	141	112	108	117	121	130	129	63	63
35-50	649	685	80	76	144	142	126	143	128	141	108	107	111	111	128	127	59	61
All	1,503	1,510	82	78	144	143	127	137	133	141	110	108	115	116	130	128	61	62

Table 3.1.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Income Level, Spring 1985 and Spring 1986--continued

Income Level and Age of Individuals (Years)	Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent															
Under 131% Poverty:																
Children:																
1-3	210	194	95	100	122	124	124	118	68	72	160	148	194	198	77	82
4-5	153	156	106	100	141	130	107	95	112	122	90	91	98	111	94	93
All	188	177	99	100	129	127	117	108	85	94	133	123	156	159	84	87
Women:																
19-34	177	152	68	74	117	120	62	64	63	61	81	75	46	47	61	63
35-50	128	128	63	60	118	109	64	65	62	56	86	89	45	50	60	57
All	157	142	66	68	118	115	63	64	62	59	83	81	45	48	61	60
131-300% Poverty:																
Children:																
1-3	196	178	112	101	133	119	131	122	70	67	100	113	184	191	79	71
4-5	206	171	105	103	130	139	98	102	109	105	103	102	114	103	90	93
All	199	175	110	102	132	128	120	113	83	84	101	108	161	152	83	81
Women:																
19-34	160	150	84	82	129	127	70	69	64	60	107	88	53	49	59	61
35-50	208	157	72	80	121	126	73	71	61	58	95	87	50	50	60	63
All	178	153	79	81	126	126	71	70	62	59	102	87	52	49	59	62
Over 300% Poverty:																
Children:																
1-3	180	194	96	110	120	131	133	134	70	73	88	83	193	197	69	76
4-5	178	169	112	115	155	146	127	111	137	109	96	88	129	103	110	89
All	179	184	102	112	134	138	130	124	97	88	91	85	168	157	85	82
Women:																
19-34	150	150	85	87	133	134	76	77	61	63	99	104	53	58	60	63
35-50	132	152	82	83	129	128	78	81	61	61	105	97	53	55	62	59
All	141	151	84	85	131	131	77	79	61	62	102	100	53	57	61	61
All Income Levels:																
Children:																
1-3	197	185	103	103	127	124	129	125	70	68	116	113	188	192	77	76
4-5	183	162	108	104	141	137	107	102	116	110	96	93	108	104	94	91
All	192	175	105	103	132	130	121	115	88	86	108	105	157	154	84	82
Women:																
19-34	158	147	81	82	128	128	72	71	63	61	98	90	52	52	60	62
35-50	154	149	75	75	123	121	72	73	60	58	96	92	49	52	59	59
All	156	148	78	79	126	125	72	72	61	60	97	91	51	52	60	60

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 3.2.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race, Spring 1985 and Spring 1986

Race and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin		Vitamin B6	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---															
White:																		
Children:																		
1-3	286	256	105	106	228	225	236	214	181	171	158	158	206	206	147	144	137	138
4-5	172	187	91	93	200	206	177	169	185	195	136	133	178	175	145	140	107	100
All	457	442	100	100	217	217	214	195	182	182	150	148	196	193	147	142	126	122
Women:																		
19-34	712	678	83	81	142	144	126	138	131	143	110	108	120	123	131	129	63	64
35-50	563	575	80	77	142	143	129	147	125	140	107	107	113	113	128	130	59	61
All	1,275	1,252	82	79	142	144	127	142	129	141	109	107	117	119	129	130	62	63
Black:																		
Children:																		
1-3	28	32	109	99	256	232	219	95	215	137	181	140	203	160	189	133	160	101
4-5	25	27	100	78	226	172	184	103	223	154	164	127	198	116	180	120	121	83
All	53	59	105	89	242	204	203	99	219	145	173	134	200	140	185	127	142	93
Women:																		
19-34	84	82	83	83	158	144	105	81	126	151	110	106	108	106	132	123	63	57
35-50	59	52	77	57	157	120	99	97	127	99	108	79	101	79	131	93	52	44
All	143	134	81	73	158	135	102	87	126	131	109	96	105	95	132	111	58	52
Other:																		
Children:																		
1-3	17	17	104	95	255	222	214	564	200	210	166	162	187	204	151	142	134	137
4-5	7	17	83	83	240	204	277	116	200	145	145	137	191	160	171	119	114	92
All	24	34	98	89	251	213	233	344	200	178	160	150	188	182	157	131	128	115
Women:																		
19-34	47	43	78	73	151	146	171	171	222	122	136	115	100	128	125	134	63	61
35-50	21	35	86	74	172	152	151	97	179	164	125	125	114	101	142	133	72	61
All	68	78	80	73	158	149	165	138	209	141	133	119	104	116	130	134	66	61

Table 3.2.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Race, Spring 1985 and Spring 1986--continued

Race and Age of Individuals (Years)	Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent															
White:																
Children:																
1-3	193	190	105	107	127	127	130	129	68	68	106	109	181	192	73	74
4-5	160	166	108	111	139	142	107	106	112	108	87	93	104	102	85	88
All	181	180	106	109	132	134	121	120	84	85	99	102	152	154	78	80
Women:																
19-34	149	150	85	87	130	132	73	73	62	62	98	94	52	53	59	62
35-50	150	148	77	78	124	125	74	75	59	59	98	95	49	53	59	60
All	150	149	82	83	127	128	73	74	61	60	98	95	51	53	59	61
Black:																
Children:																
1-3	225	139	80	75	124	104	128	94	87	57	221	93	248	162	90	77
4-5	317	114	97	62	142	97	102	69	135	90	161	75	135	91	102	94
All	268	128	88	69	132	101	116	82	110	72	193	85	195	129	95	85
Women:																
19-34	214	111	60	59	120	110	62	57	66	54	101	75	49	45	65	61
35-50	132	192	55	45	118	86	57	45	61	43	83	54	45	37	56	45
All	180	142	58	54	119	101	60	52	64	50	93	67	47	42	61	55
Other:																
Children:																
1-3	222	203	93	99	123	122	123	121	65	73	101	237	217	209	127	73
4-5	270	188	115	100	153	139	117	103	135	109	86	132	93	110	226	85
All	236	196	100	100	132	130	122	112	85	90	96	186	181	160	156	79
Women:																
19-34	185	195	66	67	122	117	77	66	61	67	93	65	59	49	69	64
35-50	356	132	71	63	135	118	84	73	77	66	81	75	59	55	83	64
All	237	167	68	65	126	117	79	69	66	67	89	69	59	52	73	64

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 3.3.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization, Spring 1985 and Spring 1986

Urbanization and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin		Vitamin B6	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---															
Central Cities:																		
Children:																		
1-3	101	85	104	105	237	236	238	266	199	196	166	175	203	217	164	160	141	145
4-5	60	55	95	89	232	190	194	141	196	208	145	150	187	171	178	155	119	113
All	160	140	101	99	235	218	222	218	198	200	158	165	197	199	169	158	133	132
Women:																		
19-34	248	235	84	80	150	147	113	122	138	126	112	108	124	117	132	130	66	63
35-50	168	164	81	74	147	136	133	127	121	133	104	102	107	108	129	117	60	58
All	416	399	83	77	149	142	121	124	131	129	108	106	117	114	131	125	63	61
Suburban Areas:																		
Children:																		
1-3	167	164	105	102	229	213	246	202	176	157	162	152	211	193	145	133	141	126
4-5	116	126	92	92	198	207	188	174	205	181	141	131	187	167	140	136	106	94
All	283	290	100	98	217	210	222	190	188	168	153	143	201	181	143	134	126	112
Women:																		
19-34	436	413	84	79	141	142	135	144	148	156	112	109	114	124	129	128	63	64
35-50	351	376	78	74	142	142	123	147	137	149	108	104	111	107	127	128	58	60
All	786	790	82	77	142	142	130	145	143	153	110	107	112	115	128	128	61	62
Nonmetropolitan Areas:																		
Children:																		
1-3	69	62	109	111	233	248	200	206	175	159	151	158	195	209	147	157	130	148
4-5	36	55	88	94	190	211	159	143	141	172	133	138	164	174	145	133	103	102
All	105	117	102	103	218	231	186	176	163	165	144	148	185	193	146	146	121	126
Women:																		
19-34	170	177	79	84	142	143	131	121	105	127	112	108	116	120	131	127	60	61
35-50	131	144	82	81	143	151	127	151	114	129	112	119	116	123	131	137	60	65
All	300	321	80	83	142	146	129	134	109	128	112	113	116	122	131	131	60	63

Table 3.3.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Urbanization, Spring 1985 and Spring 1986--continued

Urbanization and Age of Individuals (Years)	Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent															
Central Cities:																
Children:																
1-3	186	194	100	102	127	123	131	126	69	74	137	151	208	222	72	81
4-5	206	149	105	91	144	125	112	101	116	120	99	108	107	118	95	89
All	194	176	102	98	133	124	124	117	87	92	123	135	170	181	81	84
Women:																
19-34	158	130	87	82	132	129	71	70	65	60	100	89	50	50	62	61
35-50	127	148	73	73	125	118	72	70	60	57	92	83	52	50	57	56
All	145	138	81	78	129	125	72	70	63	59	97	87	51	50	60	59
Suburban Areas:																
Children:																
1-3	193	172	108	103	129	122	132	122	72	64	106	84	179	180	79	70
4-5	181	160	114	107	143	140	110	103	119	108	83	89	110	96	99	90
All	188	167	110	105	135	130	123	114	91	83	96	86	151	144	87	79
Women:																
19-34	152	151	81	82	128	127	74	72	62	61	98	94	54	53	60	62
35-50	146	135	77	74	123	120	73	74	59	57	95	91	48	52	60	56
All	149	144	79	78	126	124	73	73	61	59	97	93	51	53	60	59
Nonmetropolitan Areas:																
Children:																
1-3	226	206	96	102	122	129	121	128	66	73	108	137	181	185	80	82
4-5	149	178	94	111	125	144	91	101	108	101	132	90	103	108	77	98
All	199	193	95	106	123	136	111	115	81	86	116	115	154	149	79	89
Women:																
19-34	173	159	75	84	123	128	65	69	61	62	95	83	48	49	59	62
35-50	209	188	71	79	123	128	73	76	62	63	102	101	49	54	60	68
All	189	172	74	81	123	128	68	72	61	62	98	91	48	51	60	65

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 3.4.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Spring 1985 and Spring 1986

Region and Age of Individuals (Years)	Individuals		Food Energy		Protein		Vitamin A (IU)		Ascorbic Acid		Thiamin		Riboflavin		Niacin		Vitamin B6	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---															
Northeast:																		
Children:																		
1-3	69	72	111	112	239	242	190	216	193	197	176	181	231	219	160	163	140	147
4-5	45	48	97	96	212	207	268	222	208	211	163	168	217	188	171	162	130	121
All	114	119	105	106	228	228	220	218	199	203	171	176	226	207	165	162	136	137
Women:																		
19-34	199	176	80	77	143	144	123	114	127	136	108	109	112	119	129	132	62	62
35-50	133	132	78	72	152	149	130	116	145	137	108	101	109	103	132	134	58	59
All	332	307	79	75	146	146	126	115	134	137	108	106	111	112	130	133	60	61
Midwest:																		
Children:																		
1-3	96	81	103	108	226	235	230	174	171	148	155	157	210	202	140	152	136	135
4-5	52	54	85	97	193	221	162	149	181	211	128	144	162	184	126	142	91	100
All	148	134	97	104	215	229	206	164	174	173	145	152	193	195	135	148	120	121
Women:																		
19-34	206	209	87	83	150	152	140	156	132	133	114	112	128	128	133	133	64	67
35-50	132	156	82	77	143	143	125	167	123	158	116	116	121	119	133	131	62	65
All	338	365	85	81	147	148	134	161	128	144	115	113	125	125	133	132	63	66
South:																		
Children:																		
1-3	92	97	105	100	228	210	266	175	172	144	158	147	191	183	155	132	135	128
4-5	63	70	98	86	228	192	153	124	209	154	147	120	186	143	174	131	118	87
All	155	167	102	94	228	202	220	153	187	148	154	136	189	166	163	132	128	111
Women:																		
19-34	278	274	82	81	141	138	123	107	133	140	112	104	114	111	133	123	64	58
35-50	226	223	81	77	148	141	117	127	116	124	110	103	111	109	133	128	60	58
All	504	498	82	79	144	139	120	116	125	133	111	103	113	110	133	125	62	58
West:																		
Children:																		
1-3	79	62	104	98	238	222	241	357	201	198	157	156	194	215	151	135	144	136
4-5	52	65	87	91	190	202	176	159	168	179	127	127	170	172	134	131	99	99
All	131	127	97	95	219	212	215	256	188	189	145	141	185	193	144	133	126	117
Women:																		
19-34	170	165	84	79	143	140	127	165	161	160	112	112	115	131	123	129	63	68
35-50	158	174	77	75	132	138	139	162	137	150	97	108	104	109	116	119	56	62
All	328	339	81	77	138	139	133	164	149	155	105	110	110	120	120	124	60	65

Table 3.4.--Nutrient Intakes as Percentage of 1980 Recommended Dietary Allowances: Mean per Individual in a Day, by Region, Spring 1985 and Spring 1986--continued

Region and Age of Individuals (Years)	Vitamin B12		Calcium		Phosphorus		Magnesium		Iron		Vitamin E		Folacin		Zinc	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent															
Northeast:																
Children:																
1-3	192	206	115	101	137	126	138	127	82	81	123	130	206	238	76	88
4-5	234	166	113	99	148	135	122	105	150	146	89	104	133	127	106	104
All	208	190	114	101	141	129	132	118	108	106	110	119	177	194	88	94
Women:																
19-34	179	146	79	82	124	125	73	70	66	61	98	86	51	51	59	61
35-50	206	145	74	70	123	118	71	70	61	57	91	77	49	49	57	58
All	190	145	77	77	124	122	72	70	64	59	95	82	50	50	58	60
Midwest:																
Children:																
1-3	232	192	106	101	127	125	122	123	68	68	140	102	183	177	76	80
4-5	159	184	105	120	132	151	97	102	104	109	81	83	97	105	83	96
All	206	189	106	108	129	135	113	115	80	85	119	94	153	148	79	86
Women:																
19-34	151	145	94	89	138	138	74	73	63	64	92	96	50	50	63	67
35-50	153	171	78	81	127	125	76	74	62	58	99	94	49	52	60	58
All	152	156	88	85	134	133	75	73	62	61	95	95	50	51	62	63
South:																
Children:																
1-3	175	160	91	97	118	117	123	116	67	63	93	99	174	168	74	66
4-5	177	150	105	85	145	122	106	87	116	95	118	84	111	84	97	88
All	176	156	97	92	129	119	116	104	87	76	103	93	148	133	84	75
Women:																
19-34	153	136	71	75	123	122	68	66	61	56	102	85	52	50	58	57
35-50	143	150	68	70	124	117	71	70	61	59	96	92	49	55	64	58
All	149	142	70	73	123	120	69	68	61	58	100	88	51	52	61	57
West:																
Children:																
1-3	186	189	102	116	128	131	137	138	65	63	106	131	196	196	84	71
4-5	169	154	110	116	136	144	107	116	101	99	90	104	94	108	91	82
All	180	171	105	116	131	138	125	126	80	81	100	117	156	151	86	77
Women:																
19-34	149	169	86	86	129	129	72	78	62	65	97	95	53	58	62	63
35-50	126	132	82	80	121	125	73	79	56	59	97	101	50	51	53	62
All	138	150	84	83	125	127	73	79	59	62	97	98	52	54	58	63

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 4.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Food Energy in Total Diet		Intake per 1,000 Kilocalorie: Protein		Total Fat		Carbohydrate		Vitamin A		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		Kilocalories		----------Grams----------						International Units		----------Milligrams----------			
Children:																
1-3	336	312	1,372	1,360	39.0	38.8	38.1	38.7	129.2	127.8	3,782	3,434	64	57	0.84	0.83
4-5	211	236	1,564	1,562	39.5	39.6	38.2	39.5	128.1	124.7	3,118	2,752	57	58	.82	.81
All	548	547	1,446	1,447	39.2	39.2	38.1	39.0	128.8	126.4	3,526	3,140	61	58	.83	.82
Women:																
19-34	854	825	1,707	1,648	39.7	40.9	40.2	40.1	117.6	117.2	3,257	3,289	54	58	.70	.71
35-50	649	685	1,602	1,515	41.2	43.1	41.4	40.8	113.5	113.5	3,447	4,138	53	60	.72	.72
All	1,503	1,510	1,661	1,588	40.4	41.9	40.7	40.4	115.9	115.5	3,339	3,674	54	59	.71	.72

	Intake per 1,000 Kilocalorie: Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----------Milligrams----------						---Micrograms--		----------Milligrams----------							
Children:																
1-3	1.23	1.23	9.9	9.8	0.92	0.91	2.91	2.83	622	628	749	749	145	141	7.8	7.8
4-5	1.18	1.10	10.6	10.1	.91	.86	2.92	2.67	564	536	722	709	138	132	7.5	7.2
All	1.21	1.17	10.2	9.9	.92	.89	2.91	2.76	600	589	738	732	142	137	7.7	7.5
Women:																
19-34	.87	.94	10.8	11.2	.78	.82	2.91	2.80	402	422	637	657	136	140	6.7	7.0
35-50	.88	.90	10.9	11.6	.77	.85	3.00	3.04	392	403	641	662	145	155	7.1	7.2
All	.87	.92	10.8	11.4	.78	.84	2.94	2.91	398	413	639	659	140	147	6.9	7.1

Table 4.--Nutrient Intakes per 1,000 Kilocalories: Mean per Individual in a Day, Spring 1985 and Spring 1986--continued

Age of Individuals (Years)	Intake Per 1,000 Kilocalories													
	Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Cholesterol		Dietary Fiber		Vitamin A		Carotenes	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Grams						Milligrams		Grams		Retinol Equivalents			
Children:														
1-3	15.6	15.9	13.7	13.9	6.0	6.1	179	175	7.2	6.9	654	628	243	204
4-5	15.3	15.6	14.0	14.6	6.1	6.6	170	183	7.0	6.7	601	542	170	146
ALL	15.5	15.7	13.8	14.2	6.1	6.3	176	179	7.1	6.9	634	591	215	179
Women:														
19-34	14.5	14.9	14.8	14.7	8.0	7.7	182	185	7.2	7.3	520	531	232	231
35-50	14.8	14.6	15.3	15.0	8.3	8.2	195	199	7.5	8.2	533	640	254	306
ALL	14.7	14.8	15.0	14.8	8.1	7.9	188	191	7.4	7.7	526	580	242	265

Age of Individuals (Years)	Intake Per 1,000 Kilocalories											
	Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Alpha-Tocopherol Equivalents		Micrograms		Milligrams							
Children:												
1-3	4.1	4.2	140	144	5.7	5.6	0.6	0.5	1,423	1,438	1,455	1,406
4-5	3.6	3.7	142	138	6.0	5.9	.6	.6	1,441	1,468	1,354	1,278
ALL	3.9	4.0	140	141	5.8	5.7	.6	.5	1,430	1,451	1,416	1,351
Women:												
19-34	4.6	4.7	132	139	5.6	6.0	.7	.7	1,563	1,567	1,337	1,405
35-50	4.9	4.9	133	148	5.8	6.0	.7	.7	1,628	1,612	1,459	1,558
ALL	4.7	4.8	132	143	5.7	6.0	.7	.7	1,591	1,587	1,390	1,475

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 5.--Food Energy From Protein, Total Fat, Fatty Acids, and Carbohydrate: Mean per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Protein		Total Fat		Saturated Fat	
	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Percent					
Children:								
1-3	336	312	15.6	15.5	34.3	34.8	14.0	14.3
4-5	211	236	15.8	15.8	34.4	35.6	13.8	14.0
All	548	547	15.7	15.7	34.3	35.1	13.9	14.2
Women:								
19-34	854	825	15.9	16.4	36.2	36.1	13.1	13.4
35-50	649	685	16.5	17.2	37.2	36.7	13.4	13.1
All	1,503	1,510	16.1	16.8	36.6	36.4	13.2	13.3

	Monounsaturated Fat		Polyunsaturated Fat		Carbohydrate	
	1985	1986	1985	1986	1985	1986
	Percent					
Children:						
1-3	12.3	12.5	5.4	5.5	51.7	51.1
4-5	12.6	13.1	5.5	5.9	51.3	49.9
All	12.4	12.8	5.5	5.7	51.5	50.6
Women:						
19-34	13.3	13.2	7.2	6.9	47.1	46.9
35-50	13.7	13.5	7.5	7.4	45.4	45.4
All	13.5	13.3	7.3	7.1	46.3	46.2

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 6.--Frequency of Eating: Percentage of Individuals Reporting Specified Number of Eating Occasions in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Number of Eating Occasions in a Day							
			1		2		3		4	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------							
Children:										
1-3	336	312	(*)	(*)	0.6	(*)	14.7	18.9	29.5	32.4
4-5	211	236	(*)	0.6	2.4	1.8	18.0	25.6	35.5	30.3
All	548	547	(*)	.3	1.3	.8	16.0	21.8	31.8	31.5
Women:										
19-34	854	825	1.0	1.2	9.8	10.1	22.5	26.3	29.7	24.8
35-50	649	685	1.0	.7	6.1	7.3	24.7	27.8	29.7	26.2
All	1,503	1,510	1.0	1.0	8.2	8.8	23.4	27.0	29.7	25.4

Age of Individuals (Years)	Number of Eating Occasions in a Day									
	5		6		7		8		9 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----------Percent----------									
Children:										
1-3	20.8	24.2	17.7	13.3	11.2	4.3	2.1	4.8	3.4	2.1
4-5	22.8	22.2	11.0	14.0	4.2	3.9	2.4	1.2	3.7	.4
All	21.6	23.3	15.1	13.6	8.5	4.1	2.2	3.3	3.5	1.4
Women:										
19-34	18.7	18.9	11.1	11.7	4.0	2.9	2.0	2.4	1.2	1.7
35-50	16.0	19.4	12.5	10.4	6.4	4.6	.8	1.4	2.6	2.4
All	17.5	19.1	11.7	11.1	5.0	3.7	1.5	1.9	1.8	2.0

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 7.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals Reporting Snacks		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A (IU)		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---															
Children:																		
1-3....	336	312	84.3	77.0	19.3	16.8	12.2	12.0	17.1	15.4	22.9	19.1	11.3	11.9	20.1	14.0	13.3	12.5
4-5....	211	236	80.5	73.8	17.5	14.9	9.8	9.4	15.8	13.7	20.9	17.7	8.3	10.6	13.5	14.3	10.5	10.3
All..	548	547	82.9	75.6	18.6	16.0	11.3	10.9	16.6	14.7	22.1	18.5	10.1	11.3	17.6	14.1	12.2	11.6
Women:																		
19-34..	854	825	76.1	74.8	16.2	16.6	9.8	9.1	13.3	13.3	19.2	20.2	10.5	10.2	12.6	13.0	11.7	11.2
35-50..	649	685	75.4	74.0	14.5	15.6	8.6	8.5	11.7	12.8	18.0	19.4	8.9	10.7	11.0	12.3	10.7	10.9
All..	1,503	1,510	75.8	74.5	15.5	16.1	9.3	8.9	12.6	13.1	18.7	19.8	9.8	10.4	11.9	12.7	11.2	11.1

	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Percent---															
Children:																
1-3....	15.4	15.5	9.6	9.2	12.8	12.5	11.6	12.5	18.1	17.9	15.6	15.2	16.5	16.0	12.2	10.9
4-5....	10.7	11.7	8.5	8.7	10.2	10.7	7.0	8.6	12.8	13.6	12.1	11.6	14.4	13.1	9.7	9.8
All..	13.6	13.9	9.2	9.0	11.8	11.7	9.8	10.8	16.0	16.0	14.2	13.6	15.7	14.7	11.3	10.5
Women:																
19-34..	13.5	13.0	10.1	10.0	11.2	11.1	11.2	9.9	15.2	15.0	13.4	13.0	14.8	16.2	10.9	11.3
35-50..	12.5	12.8	9.7	9.5	9.5	9.8	9.0	9.4	14.8	15.1	12.4	12.6	14.8	15.6	10.5	11.0
All..	13.0	12.9	9.9	9.8	10.5	10.5	10.2	9.6	15.0	15.0	12.9	12.8	14.8	15.9	10.7	11.2

Table 7.--Nutritive Contribution of Snacks: Percentage of Nutrient Intake per Individual in a Day, Spring 1985 and Spring 1986--continued

Age of Individuals (Years)	Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Cholesterol		Dietary Fiber		Vitamin A (RE)	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent											
Children:												
1-3	18.6	16.7	16.3	14.1	15.4	13.8	12.5	10.6	15.9	13.2	11.4	12.4
4-5	15.9	14.7	15.2	12.9	16.2	12.4	10.0	9.7	15.6	13.3	7.8	10.6
All	17.5	15.8	15.8	13.6	15.7	13.2	11.5	10.2	15.8	13.3	10.0	11.6
Women:												
19-34	14.2	14.3	12.8	12.5	12.2	12.9	10.2	8.2	12.7	13.3	11.1	10.6
35-50	13.3	14.3	11.1	12.0	10.0	11.4	8.5	8.9	10.3	13.4	9.8	10.9
All	13.9	14.3	12.1	12.3	11.2	12.2	9.5	8.6	11.6	13.4	10.6	10.7

	Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent													
Children:														
1-3	12.7	11.3	16.8	15.3	12.8	11.5	12.6	12.3	16.8	13.8	12.6	11.9	17.3	16.2
4-5	11.7	11.4	17.0	13.9	10.3	10.4	10.5	10.1	15.0	13.2	9.2	9.4	13.8	12.8
All	12.3	11.3	16.9	14.7	11.8	11.0	11.8	11.4	16.1	13.5	11.3	10.9	15.9	14.7
Women:														
19-34	9.9	9.8	13.0	12.6	12.0	12.3	11.2	10.9	15.2	16.2	10.1	10.7	13.6	15.3
35-50	7.4	10.7	10.5	12.5	10.7	11.2	10.1	10.5	14.2	15.8	9.1	9.4	14.1	15.1
All	8.8	10.2	11.9	12.6	11.4	11.8	10.7	10.7	14.7	16.0	9.7	10.1	13.8	15.2

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 8.--Nutritive Contribution of Food Obtained and Eaten Away From Home: Percentage of Nutrient Intake per Individual in a Day, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals Eating Away		Food Energy		Protein		Total Fat		Carbohydrate		Vitamin A (IU)		Ascorbic Acid		Thiamin	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---															
Children:																		
1-3....	336	312	41.6	38.9	16.1	15.3	15.5	14.8	16.2	16.1	16.4	15.2	13.3	12.7	13.7	11.1	13.9	13.0
4-5....	211	236	44.2	53.3	17.5	23.1	16.3	22.1	17.8	23.6	17.7	23.2	14.7	19.5	15.3	19.1	14.8	20.4
All..	548	547	42.6	45.1	16.6	18.7	15.8	18.0	16.8	19.3	16.9	18.6	13.8	15.6	14.3	14.5	14.2	16.2
Women:																		
19-34..	854	825	57.8	59.8	29.3	31.2	28.3	30.7	29.6	32.2	28.3	30.0	26.2	28.1	25.6	26.9	26.6	28.7
35-50..	649	685	56.8	53.2	27.4	25.0	26.1	24.4	28.4	26.6	26.8	23.7	26.1	23.6	25.0	21.4	24.4	22.6
All..	1,503	1,510	57.4	56.8	28.5	28.4	27.4	27.9	29.1	29.6	27.7	27.1	26.2	26.1	25.3	24.4	25.6	25.9

	Riboflavin		Niacin		Vitamin B6		Vitamin B12		Calcium		Phosphorus		Magnesium		Iron	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Percent---															
Children:																
1-3....	13.5	12.6	14.9	13.7	13.4	11.7	13.8	13.5	14.3	12.9	14.8	14.0	14.8	13.6	14.6	12.6
4-5....	13.9	19.8	15.8	21.5	14.1	19.3	13.5	19.7	14.6	20.6	15.3	21.6	15.2	22.0	15.1	20.2
All..	13.7	15.7	15.3	17.1	13.7	15.0	13.7	16.2	14.4	16.2	15.0	17.3	15.0	17.2	14.8	15.9
Women:																
19-34..	26.5	27.7	27.3	30.6	26.4	29.2	28.3	29.5	27.6	28.0	28.0	29.6	26.8	28.8	27.2	29.5
35-50..	24.3	22.9	24.3	24.3	24.4	23.1	25.0	23.9	25.7	23.5	26.0	23.9	24.2	23.4	24.6	23.9
All..	25.5	25.5	26.0	27.8	25.5	26.5	26.9	27.0	26.8	25.9	27.1	27.0	25.7	26.3	26.0	26.9

Table 8.--Nutritive Contribution of Food Obtained and Eaten Away From Home: Percentage of Nutrient Intake per Individual in a Day, Spring 1985 and Spring 1986--continued

Age of Individuals (Years)	Saturated Fat		Monounsaturated Fat		Polyunsaturated Fat		Cholesterol		Dietary Fiber		Vitamin A (RE)	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent											
Children:												
1-3	15.5	15.7	16.6	16.0	17.4	17.1	14.5	14.4	15.5	14.5	12.6	12.1
4-5	17.2	23.2	18.1	23.8	18.6	24.0	15.6	22.4	16.7	23.5	13.3	18.3
All	16.2	18.9	17.2	19.4	17.8	20.1	15.0	17.8	16.0	18.4	12.9	14.8
Women:												
19-34	29.4	31.7	29.6	32.2	29.9	33.4	29.4	30.5	27.2	29.6	25.9	27.1
35-50	28.3	26.2	28.0	26.5	29.2	27.5	26.4	25.3	25.6	23.7	25.1	22.9
ALL	28.9	29.2	28.9	29.6	29.6	30.7	28.1	28.1	26.5	26.9	25.6	25.2

	Carotenes		Vitamin E		Folacin		Zinc		Copper		Sodium		Potassium	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent													
Children:														
1-3	15.2	15.7	15.9	15.5	13.6	12.0	14.8	14.3	16.1	14.8	16.0	15.9	14.8	14.2
4-5	17.6	23.7	17.3	22.7	15.1	20.2	15.3	22.7	16.5	23.1	18.1	23.5	15.8	22.3
All	16.1	19.1	16.4	18.6	14.2	15.5	15.0	17.9	16.2	18.4	16.8	19.2	15.2	17.7
Women:														
19-34	27.6	30.5	28.4	31.3	25.8	27.7	28.6	30.4	28.7	30.1	29.0	30.9	27.1	29.1
35-50	28.1	25.1	27.6	25.7	25.1	22.7	25.5	24.2	25.4	24.4	26.8	25.4	24.6	23.8
ALL	27.8	28.1	28.1	28.7	25.5	25.4	27.2	27.6	27.2	27.5	28.1	28.4	26.0	26.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 9.--Special Diets: Percentage of Individuals Reporting and Types, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals on Special Diets		Type of Diet									
					Low Calorie/ Weight Loss		Low Fat/ Low Cholesterol		Low Salt		Low Sugar/ Sugar-Free		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---											
Children:														
1-3	339	312	3.2	0.9	19.6	0.0	0.0	0.0	0.0	0.0	19.6	0.0	80.4	100.0
4-5	211	236	.0	1.0	.0	.0	.0	32.4	.0	34.4	.0	67.6	.0	.0
ALL	550	547	2.0	1.0	19.6	.0	.0	15.0	.0	15.9	19.6	31.3	80.4	53.7
Women:														
19-34	854	825	10.2	11.6	62.6	68.4	26.6	22.9	18.6	21.3	22.7	24.8	21.1	15.5
35-50	649	685	15.7	17.1	55.2	65.6	17.7	26.4	25.4	29.7	30.7	32.1	14.0	14.1
ALL	1,503	1,510	12.6	14.1	58.6	66.8	21.8	24.8	22.3	25.9	27.0	28.8	17.3	14.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 10.--Use of Vitamin and Mineral Supplements: Percentage of Individuals Using Supplements, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Individuals Using Supplements	
	1985	1986	1985	1986
	---Number---		----------Percent----------	
Children:				
1-3	339	312	60.7	56.5
4-5	211	236	58.5	61.7
All	550	547	59.8	58.7
Women:				
19-34	854	825	56.0	52.0
35-50	649	685	59.8	58.1
All	1,503	1,510	57.6	54.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 11.1.--Characteristics of the Adult Female Respondents: Physiological Status, Employment Status, and Educational Level, Spring 1985 and Spring 1986

Age of Respondents (Years)	Individuals		Physiological Status				Employment Status							
			Pregnant		Lactating		Full Time		Part Time		Not Employed		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Percent											
19-34	854	825	6.8	5.4	3.3	3.3	42.3	44.2	16.1	17.5	39.9	35.6	1.8	2.6
35-50	649	685	1.7	.7	.4	.3	45.7	42.9	17.5	16.3	34.9	39.4	2.0	1.4
All	1,503	1,510	4.6	3.2	2.0	1.9	43.8	43.6	16.7	16.9	37.7	37.4	1.8	2.1

	Educational Level									
	Elementary School or Less		Some High School		High School Completed		College		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent									
19-34	2.3	2.5	11.9	10.2	41.6	40.2	43.8	46.9	0.4	0.2
35-50	5.5	5.6	11.8	10.5	44.9	41.8	37.6	41.6	.2	.5
All	3.7	3.9	11.8	10.3	43.1	40.9	41.1	44.5	.3	.3

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 11.2.--Characteristics of the Adult Female Respondents: Physiological Status and Race, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Race					
			White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986
	----Number----		----------Percent----------					
Not Pregnant or Lactating:								
19-34	768	753	83.2	81.9	9.8	10.3	6.0	5.1
35-50	635	678	86.5	83.9	9.2	7.6	3.2	5.1
All	1,403	1,431	84.7	82.8	9.5	9.0	4.8	5.1
Pregnant:								
19-50	69	49	86.4	80.8	9.7	10.0	1.2	5.4
Lactating:								
19-50	30	29	86.8	93.4	10.0	.0	.0	6.6
All Women	1,503	1,510	84.8	83.0	9.5	8.9	4.5	5.2

NOTE: See "TABLE NOTES".
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 11.3.--Characteristics of the Adult Female Respondents: Physiological Status and Household Income Level as a Percentage of Poverty, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Household Income as Percentage of Poverty							
			Under 131%		131 TO 300%		Over 300%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----Number----		----------Percent----------							
Not Pregnant or Lactating:										
19-34	768	753	20.3	21.5	35.8	34.6	30.4	31.7	13.6	12.2
35-50	635	678	18.1	20.1	30.7	27.5	38.5	43.1	12.7	9.3
All	1,403	1,431	19.3	20.9	33.5	31.2	34.1	37.1	13.2	10.8
Pregnant:										
19-50	69	49	26.6	26.5	34.7	50.0	30.3	16.6	8.4	6.9
Lactating:										
19-50	30	29	7.3	19.8	60.9	41.4	28.6	28.8	3.2	10.1
All Women	1,503	1,510	19.4	21.0	34.1	32.0	33.8	36.3	12.7	10.7

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 11.4.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 18 Years of Age in the Household, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----Number----		----------Percent----------											
Not Pregnant or Lactating:														
19-34.....	768	753	35.6	37.4	26.1	22.0	23.8	27.7	10.8	8.6	3.3	3.3	0.5	0.9
35-50.....	635	678	32.7	32.1	21.9	26.6	25.0	27.2	13.3	8.8	5.1	3.3	2.1	2.0
All.....	1,403	1,431	34.3	34.9	24.2	24.2	24.3	27.5	11.9	8.7	4.1	3.3	1.2	1.4
Pregnant:														
19-50.....	69	49	25.4	26.2	48.3	38.4	16.2	25.5	4.9	4.0	3.3	2.2	1.8	3.6
Lactating:														
19-50.....	30	29	20.4	14.1	27.1	37.6	33.1	7.5	8.4	17.3	4.2	12.5	6.9	11.0
All Women.....	1,503	1,510	33.6	34.2	25.3	24.9	24.1	27.0	11.5	8.7	4.0	3.5	1.4	1.7

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 11.5.--Characteristics of the Adult Female Respondents: Physiological Status and Number of Children 1 to 5 Years of Age in the Household, Spring 1985 and Spring 1986

Physiological Status and Age of Respondents (Years)	Individuals		Number of Children 1-5 Years											
			0		1		2		3		4		5 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----Number----		----------Percent----------											
Not Pregnant or Lactating:														
19-34.....	768	753	59.1	59.8	30.1	28.4	8.7	10.6	1.8	0.9	0.3	0.1	0.0	0.2
35-50.....	635	678	85.7	87.0	12.4	10.3	1.6	2.6	.3	.2	.0	.0	.0	.0
All.....	1,403	1,431	71.1	72.7	22.1	19.8	5.5	6.8	1.2	.5	.2	.1	.0	.1
Pregnant:														
19-50.....	69	49	47.7	46.3	41.7	35.0	9.0	18.7	1.5	.0	.0	.0	.0	.0
Lactating:														
19-50.....	30	29	26.5	14.1	47.2	56.5	26.3	29.4	.0	.0	.0	.0	.0	.0
All Women.....	1,503	1,510	69.2	70.7	23.5	21.0	6.0	7.6	1.2	.5	.1	(*)	.0	.1

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985.

Table 12.--Characteristics of the Children's Mother/Caretaker: Age, Employment Status, and Educational Level, Spring 1985 and Spring 1986

Age of Children (Years)	Individuals		Age of Mother/ Caretaker (Years)						Employment Status							
			19-22		23-34		35-50		Full Time		Part Time		Not Employed		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Number		Percent													
1-3.....	339	312	13.7	10.0	74.7	75.4	11.6	14.6	18.8	25.5	20.7	16.8	58.4	54.9	2.1	2.8
4-5.....	211	236	3.7	4.6	70.4	74.1	25.9	21.3	22.0	24.2	21.5	17.1	53.6	57.7	2.8	1.0
All.....	550	547	9.9	7.7	73.0	74.9	17.1	17.5	20.0	24.9	21.0	17.0	56.6	56.1	2.4	2.0

Age of Children (Years)	Educational Level									
	Elementary School or Less		Some High School		High School Completed		College		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	Percent									
1-3.....	2.7	3.7	14.5	11.9	41.4	41.8	41.2	42.6	0.3	0.0
4-5.....	4.2	4.1	16.4	9.2	35.7	47.5	43.7	39.1	.0	.0
All.....	3.3	3.9	15.2	10.8	39.2	44.2	42.2	41.1	.2	.0

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 13.1--Distribution of Individuals by Characteristics of the Male Head of Household: Age and Employment Status, Spring 1985 and Spring 1986

	Individuals		Age of Male Head (Years)									
			Under 23		23-34		35-50		51 and Over		No Male Head	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------									
Children:												
1-3	339	312	3.7	2.5	56.3	57.7	25.0	23.2	2.6	3.0	12.4	13.2
4-5	211	236	.0	.7	42.0	50.6	36.0	27.6	5.5	3.4	16.5	17.6
All	550	547	2.3	1.8	50.8	54.7	29.2	25.1	3.7	3.2	14.0	15.1
Women:												
19-34	854	825	3.7	3.0	45.0	42.9	22.3	18.2	8.2	6.2	20.8	29.7
35-50	649	685	.4	.1	3.3	3.5	56.4	51.6	16.3	17.4	23.3	26.9
All	1,503	1,510	2.3	1.7	27.0	25.0	37.0	33.3	11.7	11.3	21.9	28.4

	Employment Status of Male Head									
	Full Time		Part Time		Not Employed		Not Reported		No Male Head	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----------Percent----------									
Children:										
1-3	73.6	72.6	3.5	4.1	7.5	9.7	2.9	0.3	12.4	13.2
4-5	72.3	73.5	1.5	2.9	6.2	5.6	3.5	.4	16.5	17.6
All	73.1	73.0	2.7	3.6	7.0	7.9	3.2	.4	14.0	15.1
Women:										
19-34	65.0	57.8	3.3	4.2	8.9	7.2	2.1	1.2	20.8	29.7
35-50	67.0	61.3	1.8	2.9	6.8	6.4	1.1	2.4	23.3	26.9
All	65.8	59.4	2.6	3.6	8.0	6.8	1.7	1.8	21.9	28.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 13.2--Distribution of Individuals by Characteristics of the Male Head of Household: Educational Level, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Educational Level of Male Head											
			Elementary School or Less		Some High School		High School Completed		College		Not Reported		No Male Head	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	----Number---		----------Percent----------											
Children:														
1-3	339	312	1.9	4.4	9.7	8.0	31.6	25.5	43.8	47.5	0.6	1.3	12.4	13.2
4-5	211	236	1.0	4.8	9.4	4.8	29.1	35.4	43.9	37.4	.0	.0	16.5	17.6
All	550	547	1.5	4.6	9.6	6.6	30.6	29.8	43.9	43.2	.3	.7	14.0	15.1
Women:														
19-34	854	825	3.2	3.5	8.6	7.4	25.7	25.7	41.2	32.7	.5	1.1	20.8	29.7
35-50	649	685	6.0	6.1	9.2	7.7	27.8	24.7	33.1	34.1	.7	.5	23.3	26.9
All	1,503	1,510	4.4	4.7	8.8	7.5	26.6	25.2	37.7	33.3	.6	.8	21.9	28.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 14.1.--Distribution of Individuals by Urbanization and by Region, Spring 1985 and Spring 1986

Age of Individuals (Years)	Individuals		Urbanization					
			Central Cities		Suburban Areas		Nonmetropolitan Areas	
	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------					
Children:								
1-3	339	312	30.1	27.4	49.4	52.7	20.5	19.8
4-5	211	236	28.1	23.1	54.9	53.4	17.0	23.5
All	550	547	29.3	25.6	51.5	53.0	19.1	21.4
Women:								
19-34	854	825	29.1	28.5	51.0	50.1	19.9	21.4
35-50	649	685	25.8	23.9	54.0	55.0	20.1	21.1
All	1,503	1,510	27.7	26.4	52.3	52.3	20.0	21.3

	Region							
	Northeast		Midwest		South		West	
	1985	1986	1985	1986	1985	1986	1985	1986
	----------Percent----------							
Children:								
1-3	20.5	23.1	28.4	25.8	27.2	31.2	23.9	19.9
4-5	21.3	20.2	24.6	22.7	29.7	29.7	24.5	27.4
All	20.8	21.8	26.9	24.5	28.2	30.5	24.1	23.1
Women:								
19-34	23.3	21.3	24.1	25.4	32.6	33.3	20.0	20.0
35-50	20.5	19.2	20.4	22.8	34.8	32.6	24.3	25.4
All	22.1	20.4	22.5	24.2	33.6	33.0	21.9	22.4

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 14.2.--Distribution of Individuals by Urbanization and Race, Spring 1985 and Spring 1986

Age of Individuals (Years)	All Urbanizations								Central Cities							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3.....	339	312	85.0	82.0	8.3	10.2	4.9	5.5	102	85	75.2	65.2	19.7	20.6	0.5	9.2
4-5.....	211	236	81.3	79.2	11.7	11.4	3.2	7.0	60	55	68.9	69.8	15.2	16.8	5.8	6.0
All.....	550	547	83.6	80.8	9.6	10.7	4.3	6.2	161	140	72.9	67.0	18.1	19.1	2.5	7.9
Women:																
19-34.....	854	825	83.4	82.2	9.9	10.0	5.5	5.2	248	235	74.3	69.7	19.7	14.5	3.4	10.0
35-50.....	649	685	86.7	83.9	9.1	7.5	3.2	5.1	168	164	76.8	70.3	17.4	15.7	4.0	5.7
All.....	1,503	1,510	84.8	83.0	9.5	8.9	4.5	5.2	416	399	75.3	69.9	18.8	15.0	3.6	8.3

Age of Individuals (Years)	Suburban Areas								Nonmetropolitan Areas							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3.....	167	164	89.1	86.8	2.1	6.7	8.1	4.8	69	62	89.5	92.6	6.6	5.0	3.9	2.4
4-5.....	116	126	89.1	83.6	6.7	8.0	2.5	7.1	36	55	76.3	78.1	22.1	13.9	1.6	7.9
All.....	283	290	89.1	85.4	4.0	7.3	5.8	5.8	105	117	85.0	85.8	11.9	9.2	3.1	5.0
Women:																
19-34.....	436	413	90.0	87.1	3.2	7.9	5.9	3.1	170	177	79.7	87.4	12.7	8.9	7.6	3.7
35-50.....	351	376	90.9	88.6	5.4	4.2	3.0	5.5	131	144	88.0	87.2	8.2	6.9	2.5	3.4
All.....	786	790	90.4	87.8	4.2	6.1	4.6	4.2	300	321	83.3	87.3	10.7	8.0	5.4	3.6

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 14.3.--Distribution of Individuals by Region and Race, Spring 1985 and Spring 1986

Age of Individuals (Years)	Northeast								Midwest							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3	69	72	82.2	69.9	14.5	16.7	0.0	7.1	96	81	83.9	95.2	12.0	4.8	4.1	0.0
4-5	45	48	70.9	68.2	16.7	12.4	3.6	12.5	52	54	91.9	91.1	8.1	7.4	.0	1.5
All	114	119	77.8	69.2	15.4	15.0	1.4	9.2	148	134	86.7	93.6	10.6	5.8	2.7	.6
Women:																
19-34	199	176	80.6	77.6	14.4	9.7	2.5	5.1	206	209	88.5	91.9	9.3	7.0	2.2	.8
35-50	133	132	80.2	71.7	15.8	13.6	2.5	7.7	132	156	90.7	94.5	7.7	3.0	1.1	1.9
All	332	307	80.4	75.1	15.0	11.4	2.5	6.2	338	365	89.4	93.0	8.7	5.3	1.8	1.3

Age of Individuals (Years)	South								West							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3	92	97	88.5	77.7	4.4	16.2	4.2	4.1	81	62	84.6	85.6	3.2	0.0	11.0	13.1
4-5	63	70	80.3	72.3	19.7	24.4	.0	2.1	52	65	80.8	84.7	1.3	.0	10.1	13.0
All	155	167	85.2	75.5	10.6	19.7	2.5	3.3	133	127	83.1	85.2	2.4	.0	10.6	13.0
Women:																
19-34	278	274	84.4	80.1	12.1	17.6	2.4	1.1	170	165	79.0	78.4	1.8	1.5	18.1	17.7
35-50	226	223	85.5	80.6	11.8	11.6	1.9	5.1	158	174	90.5	87.8	.6	1.8	7.3	6.0
All	504	498	84.9	80.4	11.9	14.9	2.2	2.9	328	339	84.5	83.2	1.2	1.7	12.9	11.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 14.4.--Distribution of Individuals by Household Income and Race, Spring 1985 and Spring 1986

Age of Individuals (Years)	Under 131% Poverty								131-300% Poverty							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3.....	99	87	70.6	68.1	20.6	19.3	5.5	6.4	158	119	91.7	89.0	1.0	3.9	5.7	5.6
4-5.....	63	68	61.2	62.2	26.0	20.9	.0	10.9	79	97	88.6	87.9	6.5	6.8	4.9	4.5
All.....	161	155	67.0	65.6	22.7	20.0	3.4	8.4	237	216	90.6	88.5	2.8	5.2	5.4	5.1
Women:																
19-34.....	174	181	61.0	68.2	30.3	17.8	5.7	9.8	313	293	88.0	83.3	4.3	7.6	6.5	6.0
35-50.....	117	137	64.9	68.4	29.3	18.0	3.6	7.4	199	191	88.4	83.5	6.9	5.9	3.2	5.0
All.....	291	317	62.6	68.3	29.9	17.9	4.9	8.8	512	484	88.2	83.4	5.3	7.0	5.2	5.6

Age of Individuals (Years)	Over 300% Poverty								Not Reported							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3.....	63	71	94.7	95.4	1.7	1.4	3.6	3.2	18	34	71.1	65.2	28.9	27.2	0.0	7.6
4-5.....	40	53	97.7	94.8	2.3	2.1	.0	1.5	29	19	81.7	51.8	8.3	27.1	10.1	21.2
All.....	104	124	95.9	95.1	1.9	1.7	2.2	2.5	48	53	77.6	60.4	16.2	27.1	6.2	12.5
Women:																
19-34.....	256	253	92.7	91.4	4.1	5.3	3.2	1.3	110	98	84.1	81.0	6.8	14.6	7.7	4.4
35-50.....	252	294	96.2	92.3	1.5	2.5	1.7	4.0	81	64	84.2	79.5	8.9	12.9	6.9	5.5
All.....	508	547	94.5	91.9	2.8	3.8	2.4	2.8	191	161	84.1	80.4	7.7	13.9	7.4	4.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 14.5.--Distribution of Individuals by Household Size and Race, Spring 1985 and Spring 1986

Age of Individuals (Years)	Number of Household Members: 1								Number of Household Members: 2							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3	0	0	0.0	0.0	0.0	0.0	0.0	0.0	8	2	64.6	100.0	28.8	0.0	6.6	0.0
4-5	0	0	.0	.0	.0	.0	.0	.0	5	2	67.5	59.4	32.5	40.6	.0	.0
All	0	0	.0	.0	.0	.0	.0	.0	13	4	65.6	81.3	30.1	18.7	4.2	.0
Women:																
19-34	33	46	91.2	88.5	4.6	8.4	4.2	3.1	185	181	85.1	83.9	9.3	7.2	4.8	5.7
35-50	36	39	91.8	79.8	3.9	11.0	1.7	3.1	116	133	87.9	84.4	10.8	9.9	1.3	2.8
All	70	85	91.5	84.5	4.2	9.6	2.9	3.1	301	314	86.2	84.1	9.9	8.3	3.5	4.5

Age of Individuals (Years)	Number of Household Members: 3								Number of Household Members: 4							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3	88	75	92.8	83.0	5.5	4.4	1.7	8.2	133	124	84.7	85.1	7.3	9.0	5.8	3.8
4-5	22	45	80.8	68.9	19.2	16.2	.0	7.6	87	104	82.8	89.8	7.7	7.6	3.3	1.2
All	110	120	90.4	77.7	8.2	8.8	1.3	8.0	219	228	83.9	87.2	7.4	8.3	4.8	2.6
Women:																
19-34	208	194	89.3	85.6	8.7	6.3	1.5	5.0	238	225	79.8	83.8	10.0	11.0	8.6	3.3
35-50	135	177	89.7	87.8	5.9	4.1	2.7	6.0	190	181	86.0	88.4	8.4	4.7	4.6	3.1
All	343	371	89.5	86.7	7.6	5.2	1.9	5.4	428	406	82.6	85.9	9.3	8.2	6.8	3.2

Table 14.5.--Distribution of Individuals by Household Size and Race, Spring 1985 and Spring 1986--continued

Age of Individuals (Years)	Number of Household Members: 5								Number of Household Members: 5 or More							
	Individuals		White		Black		Other		Individuals		White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------						---Number---		----------Percent----------					
Children:																
1-3	55	58	77.4	80.1	10.4	15.7	11.2	4.1	55	52	83.8	74.6	10.3	15.6	1.5	7.5
4-5	56	36	84.4	78.5	7.5	13.3	7.1	5.9	42	49	75.8	67.2	19.4	12.6	.0	20.1
All	111	94	80.9	79.5	8.9	14.8	9.2	4.8	97	101	80.3	71.1	14.3	14.2	.8	13.6
Women:																
19-34	112	106	81.3	80.8	6.2	12.3	11.1	4.6	78	72	74.2	61.9	21.6	21.2	1.0	12.7
35-50	86	98	88.7	73.9	4.2	13.2	7.0	9.4	85	57	77.4	76.1	20.4	9.6	.0	8.3
All	198	204	84.6	77.5	5.3	12.7	9.3	6.9	163	129	75.9	68.1	21.0	16.1	.5	10.8

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 15.--Household Size and Household Income, Spring 1985 and Spring 1986

Number of Household Members	Households		Mean Income		Median Income		Household Income as Percentage of Poverty							
							Under 131%		131 To 300%		Over 300%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Dollars----------				----------Percent----------							
1	70	85	13,743	16,231	14,560	15,000	16.9	25.6	38.6	21.0	38.3	45.5	6.2	7.8
2	286	281	27,672	27,778	26,000	25,000	15.4	14.7	18.2	25.4	55.0	50.3	11.4	9.6
3	313	337	26,830	28,884	24,000	25,000	17.0	16.3	36.0	31.5	39.8	42.1	7.2	10.1
4	383	377	26,471	31,124	25,000	28,000	19.8	17.7	39.3	40.3	26.7	33.0	14.1	9.0
5	168	169	28,490	28,484	28,000	25,000	21.6	29.5	47.1	34.1	21.1	24.1	10.2	12.3
More Than 5	121	102	24,769	25,621	22,000	20,000	39.7	43.4	35.1	37.7	12.4	8.1	12.8	10.8
All Households	1,341	1,351	26,219	28,179	24,000	25,000	20.1	20.6	34.6	32.8	34.4	36.6	10.9	9.9

NOTE: See "TABLE NOTES".
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 16.1.--Household Composition and Race, Spring 1985 and Spring 1986

Household Composition	Households		Race					
			White		Black		Other	
	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------					
Male Head and Female Head:								
Children	769	743	89.4	86.2	5.3	6.1	4.0	5.6
No Children	298	262	89.5	88.3	6.3	6.6	3.9	3.6
Female Head Only:								
Children	164	193	60.4	64.5	32.1	22.0	4.6	7.6
No Children	110	153	87.7	84.7	8.3	7.9	2.6	3.9
All Households	1,341	1,351	85.7	83.4	9.0	8.7	4.0	5.3

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

Table 16.2.--Household Composition and Number of Children 1 to 18 Years of Age in the Household, Spring 1985 and Spring 1986

Household Composition	Households		Number of Children 1-18 Years											
			0		1		2		3		4		5 or More	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------											
Male Head and Female Head...	1,067	1,006	30.2	28.9	25.9	25.2	26.5	29.9	11.9	10.7	4.2	3.2	1.3	2.1
Female Head Only.....	274	346	41.4	45.1	24.6	21.6	16.3	23.7	11.4	4.8	4.4	4.2	1.9	.6
All Households.....	1,341	1,351	32.5	33.1	25.6	24.3	24.4	28.3	11.8	9.2	4.3	3.5	1.4	1.7

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

TABLE 16.3.--Household Composition and Number of Children 1 to 5 Years of Age in the Household, Spring 1985 and Spring 1986

Household Composition	Households		Number of Children 1-5 Years											
			0		1		2		3		4		5 OR MORE	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		---Percent---											
Male Head and Female Head...	1,067	1,006	66.1	65.1	25.6	25.4	7.2	8.7	0.9	0.6	0.2	0.1	0.0	0.1
Female Head Only.....	274	346	76.2	81.8	18.0	10.8	4.2	6.8	1.7	.5	.0	.0	.0	.0
All Households.....	1,341	1,351	68.2	69.4	24.0	21.7	6.6	8.2	1.1	.6	.2	.1	.0	.1

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

TABLE 16.4.--Household Composition and Household Income as a Percentage of Poverty, Spring 1985 and Spring 1986

Household Composition	Households		Household Income as Percentage of Poverty							
			Under 131%		131 to 300%		Over 300%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------							
Male Head and Female Head:										
Children	769	743	17.0	16.8	43.5	38.9	29.7	35.8	9.8	8.4
No Children	298	262	8.2	10.1	18.2	25.0	59.1	54.5	14.5	10.4
Female Head Only:										
Children	164	193	57.9	46.5	23.2	30.0	10.6	10.9	8.3	12.6
No Children	110	153	17.2	24.5	34.2	20.4	36.1	42.6	12.4	12.6
All Households	1,341	1,351	20.1	20.6	34.6	32.8	34.4	36.6	10.9	9.9

NOTE: See "TABLE NOTES."
SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

TABLE 17.--Characteristics of the Household's Male Head and Household Income as a Percentage of Poverty, Spring 1985 and Spring 1986

Characteristic of Male Head	Households		Household Income as Percentage of Poverty							
			Under 131%		131 to 300%		Over 300%		Not Reported	
	1985	1986	1985	1986	1985	1986	1985	1986	1985	1986
	---Number---		----------Percent----------							
Age (Years):										
Under 23	32	24	23.9	33.3	50.0	23.7	12.8	25.0	13.3	18.0
23-34	396	372	16.7	16.1	41.1	40.8	35.2	35.2	6.9	7.9
35-50	493	461	13.3	11.5	35.2	33.3	41.9	46.5	9.6	8.7
51 and Over	143	144	11.0	21.1	24.7	29.8	37.8	39.1	26.5	10.0
Not Reported	2	4	.0	.0	18.8	24.9	.0	30.2	81.2	44.9
Employment Status:										
Full Time	897	834	9.3	10.7	38.8	35.1	41.7	45.9	10.2	8.3
Part Time	37	51	39.7	39.4	23.8	32.1	18.7	17.8	17.8	10.6
Not Employed	110	99	45.8	40.8	21.1	40.8	20.2	7.0	12.9	11.4
Not Reported	22	22	31.7	8.4	36.2	25.0	3.8	46.3	28.3	20.3
Education Level:										
Elementary School or Less	54	60	44.1	52.9	45.5	37.2	3.3	9.9	7.2	.0
Some High School	113	101	31.5	23.6	33.7	31.2	24.1	34.1	10.7	11.1
High School Completed	366	356	15.3	14.7	42.7	40.8	32.4	33.3	9.5	11.2
College	526	478	7.5	8.8	32.1	32.3	48.7	51.9	11.7	7.0
Not Reported	8	10	.0	16.0	5.4	13.4	11.1	16.4	83.4	54.2
No Male Head	274	346	41.6	36.7	27.6	25.7	20.8	24.9	10.0	12.6

SOURCE: NFCS-Continuing Survey of Food Intakes by Individuals, 1985 and 1986.

GENERAL NOTES

(1) The numbers of individuals in the tables are weighted. See appendix A for an explanation of weighting procedures.
(2) The number of individuals in each age group may not sum to the number in the ALL row because of rounding of fractional weighting factors.
(3) The number of individuals in certain groups is small; thus, the results for these groups should be interpreted with caution.

TABLES 1.1-1 to 1.1-2--MEAT, POULTRY, FISH

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

Total meat, poultry, fish--Includes beef, pork, lamb, veal, game, organ meats, frankfurters, sausages, luncheon meats, poultry, fish, shellfish, and mixtures having meat, poultry, or fish as a main ingredient. Unflavored gelatin and meat gravies are included in this total, but not in any of the following subgroups.

Beef--Includes beef steaks, roasts, ground beef, baby-food beef, corned beef, beef bacon, pastrami, oxtails, and shortribs. Excludes variety meats, such as liver and kidney, and processed beef, such as beef bologna and beef frankfurters. Excludes beef reported as part of a mixture.

Pork--Includes ham; bacon; salt pork; pigs' feet; pork cracklings; baby-food pork and ham; pork roll; and fresh, ground, cured, smoked, pickled, and dehydrated pork. Excludes variety meats and frankfurters, sausages, and luncheon meats. Excludes pork reported as part of a mixture.

Lamb, veal, game--Includes lamb, veal, goat, baby-food lamb and veal, rabbit, venison, and other game. Excludes variety meats. Excludes lamb, veal, or game reported as part of a mixture.

Organ meats--Includes liver, heart, kidney, and other organ meats from beef, pork, lamb, veal, game, and poultry; also includes baby-food liver and heart.

Frankfurters, sausages, luncheon meats--Includes processed meats from beef, pork, ham, veal, chicken, and turkey and baby-food meat sticks and frankfurters. Excludes items reported as part of a mixture.

Total poultry--Includes chicken, turkey, duck, goose, cornish game hen, quail, pheasant, other wildfowl, and baby-food chicken and turkey. Excludes giblets. Excludes poultry reported as part of a mixture.

Chicken--Includes chicken only. Excludes giblets.

Fish and shellfish--Includes finfish; shellfish, such as clams, crabs, lobster, oysters, scallops, and shrimp; and other seafood, such as frogs' legs, fish roe, squid,

and turtle. Excludes fish and shellfish reported as part of a mixture.

Mixtures mainly meat, poultry, fish--Includes mixtures of meat, poultry, or fish with nonmeat items when reported as a single unit (for example, chicken cacciatore, beef potpie, tuna-noodle casserole, venison stew, liver dumplings, hash, shrimp salad, corn dog, salisbury steak frozen dinner, and chicken soup); baby-food meat and poultry mixtures; and meat, poultry, or fish sandwiches reported as a single item (for example, ham sandwich).

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.2-1 TO 1.2-2--MILK AND MILK PRODUCTS; EGGS; LEGUMES, NUTS, SEEDS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Calcium equivalent--Quantity of whole fluid milk to which dairy products (except butter) are equivalent in calcium content.

Individuals--Excludes two breast-fed children in 1985.

Total milk and milk products--Quantities are expressed in grams and as calcium equivalents. Includes fluid milk, yogurt, cream, milk desserts, and cheese. Excludes butter. Whey, flavored milk drinks, meal replacements with milk, milk-based infant formulas, unreconstituted dry milk and powdered mixtures, and milk sauces and gravies are included in this total but not in any of the following subgroups.

Total fluid milk--Quantities are as reported. Includes whole, lowfat, skim, acidophilus, filled, evaporated, and condensed milk; buttermilk; goat milk; and reconstituted dry milk.

Whole milk--Quantities are as reported. Includes whole fluid cow's milk, low-sodium whole milk, whole fluid milk filled with vegetable oil, reconstituted whole dry milk, and whole fluid goat's milk.

Lowfat and skim milk--Quantities are as reported. Includes lowfat (1 and 2 percent) and skim fluid cow's milk, lowfat fluid milk filled with vegetable oil, and reconstituted lowfat and nonfat dry milk.

Yogurt--Quantities are as reported. Includes plain, flavored, and fruit-variety yogurt, breakfast yogurt, and frozen yogurt.

Cream and milk desserts--Quantities are as reported. Includes fluid and powdered cream, half-and-half, sour cream, ice cream, ice milk, milk sherbets, and desserts made with milk, such as custards, cornstarch pudding, and baby-food puddings. Excludes nondairy sweet cream and sour cream substitutes, which are included under fats and oils.

Cheese--Quantities are as reported. Includes natural hard and soft cheeses, processed cheeses and spreads, imitation cheeses, cottage cheese, cream cheese, and mixtures that are mainly cheese, such as cheese souffle, rarebit, and cheese sandwiches reported as a single item.

Eggs--Includes whole eggs, egg whites, egg yolks, baby-food egg yolks, egg substitutes, meringues, and mixtures that are mainly egg, such as omelets, egg salad, and egg sandwiches reported as a single item.

Legumes, nuts, seeds--Includes cooked dry beans, peas, and lentils; mixtures that are mainly legumes, such as baked beans, soups, and baby-food split peas; soybean-derived products, such as soy-based baby formulas and imitation milk; frozen meals with cooked dry beans or peas as the main course; meat substitutes that are mainly vegetable protein; nuts; peanut butter; coconut milk and cream; nut mixtures; seeds; and carob products.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.3-1 TO 1.3-2--VEGETABLES

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

Total vegetables and fruits--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, other vegetables, citrus fruits and juices, dried fruits, and other fruits, mixtures, and juices.

Total vegetables--Includes white potatoes, tomatoes, dark-green and deep-yellow vegetables, and other vegetables and mixtures that are mainly vegetables.

White potatoes--Includes baked, boiled, mashed, fried, and canned potatoes; potato chips; and mixtures that are mainly potato, such as potato salad and potato soup. Excludes viandas (Puerto Rican starchy vegetables).

Tomatoes--Includes raw and cooked tomatoes; tomato juice and soup; catsup, chili sauce, and other tomato sauces; and mixtures such as tomato and corn, tomato and okra, and tomato sandwiches reported as a single item.

Dark-green vegetables--Includes raw and cooked dark-green leafy vegetables such as chard, collards, escarole, mustard and turnip greens, kale, and spinach; broccoli; mixtures that are mainly dark-green vegetables, such as spinach souffle and escarole soup; and baby-food spinach.

Deep-yellow vegetables--Includes raw and cooked deep-yellow or orange vegetables such as carrots, pumpkin, winter squash, and sweetpotatoes; mixtures that are mainly deep-yellow vegetables, such as peas

and carrots and sweetpotato casserole; and baby-food carrots, squash, and sweetpotatoes.

Other vegetables--Includes cooked and raw vegetables other than white potatoes, tomatoes, dark-green and deep-yellow vegetables, and their mixtures. Includes vegetable juices and soups; pickles, olives, and relishes; salads; viandas (Puerto Rican starchy vegetables); baby-food vegetables and baby-food vegetable mixtures with meat; and mixtures that are mainly "other" vegetables.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.4-1 TO 1.4-2--FRUITS

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

Total fruits--Includes citrus fruits and juices, dried fruits, and other fruits, mixtures that are mainly fruits, and fruit juices.

Total citrus fruits and juices--Includes oranges and other citrus fruits, orange juice and other citrus juices, mixtures of citrus and other fruit juices, and baby-food citrus juices. Excludes citrus fruit drinks and ades such as lemonade, which are tabulated under beverages.

Citrus juices--Includes grapefruit, lemon, lime, orange, tangerine, and other citrus juices whether sweetened or unsweetened, fresh, frozen, canned, or bottled; mixtures such as grapefruit and orange juice, apricot-orange juice, and pineapple-grapefruit juice; and baby-food citrus juices.

Dried fruits--Includes dried apples, apricots, figs, prunes, raisins, and other dried fruits. Excludes mixtures and juices such as prune juice.

Total other fruits, mixtures, juices--Includes raw and cooked apples, bananas, berries, and other fruits except citrus and dried fruit; fruit salads and mixtures that are mainly fruit; noncitrus juices (including prune juice) and nectars; and baby-food noncitrus fruits, juices, and nectars, fruits with tapioca, and fruit desserts and puddings. Excludes fruit drinks and ades, which are tabulated under beverages.

Apples--Includes raw and cooked apples, applesauce, and baby-food applesauce. Excludes mixtures.

Bananas--Includes raw and cooked bananas. Excludes mixtures.

Other fruits and mixtures mainly fruit--Includes fruits other than citrus fruits, dried fruits, apples, and bananas; also includes baby-food noncitrus fruits and mixtures that are mainly fruits.

Noncitrus juices and nectars--Includes fruit juices and baby-food juices other than citrus. Excludes fruit drinks and ades, which are tabulated under beverages.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.5-1 TO 1.5-2--GRAIN PRODUCTS; FATS AND OILS; SUGARS AND SWEETS

Note--This table contains corrected 1985 data. In CSFII Report No. 85-1, biscuits and sweet rolls were erroneously included with yeast breads and rolls rather than with other baked goods.

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

Total grain products--Includes yeast breads and rolls, other baked goods, cereals, pastas, and mixtures having a grain product as a main ingredient. Flour and biscuit mix are included under this total but not in any of the following subgroups.

Yeast breads and rolls--Includes yeast breads and rolls (excluding sweet rolls), English muffins, and bagels. Excludes yeast-type coffee cakes.

Other baked goods--Includes yeast-type sweet rolls and coffee cakes, biscuits, cornbread, tortillas, plain and fruit muffins, other quick breads, cakes, cookies, pies, pastries, doughnuts, crackers, salty snacks made from grain products, pancakes, waffles, and french toast.

Total cereals and pastas--Includes macaroni, noodles, spaghetti, grits, oatmeal, rice, other cooked cereal grains, ready-to-eat cereals, and uncooked cereal grains.

Ready-to-eat cereals--Includes unsweetened and sweetened ready-to-eat cereals, baby-food cereals, and mixtures of baby cereal and fruit or egg yolk.

Mixtures mainly grain--Includes mixtures (some with small amounts of meat and others without meat) such as pizza, enchiladas, spaghetti with sauce, baby-food macaroni and spaghetti, quiche, egg rolls, rice and pasta mixtures, frozen meals in which the main course is a grain product, and noodle and rice soups.

Total fats and oils--Includes table fats; cooking fats such as bacon grease, lard, and vegetable shortening; vegetable oils; salad dressings; nondairy sour cream and sweet cream substitutes; and hollandaise and other sauces that are mainly fat or oil.

Table fats--Includes butter, margarine, and imitation margarine.

Salad dressings--Includes regular and low-calorie salad dressings and mayonnaise.

Total sugars and sweets--Includes sugar, sugar substitutes, syrups, honey, molasses, icing, topping, sweet sauces, jelly, jam, marmalade, preserves, sweet pastes, fruit butters, gelatin desserts, ices, popsicles, candy (including dietetic), and chewing gum.

Sugars--Includes white, brown, maple, and raw sugar and sugar substitutes.

Candy--Includes candy (including dietetic sweets), chocolate chips, fruit leather, chewing gum, breath mints, and cough drops.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 1.6-1 TO 1.6-2--BEVERAGES

Note--This table contains corrected 1985 data. In CSFII Report No. 85-1, some low-calorie soft drinks were erroneously grouped with regular soft drinks.

Mean intake--Quantities given are for foods as ingested; no inedible parts are included. Mean for each age group includes users and nonusers.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

Total beverages--Includes alcoholic and nonalcoholic beverages. Excludes tap water and noncarbonated bottled water. Several nonalcoholic, nonfruit, noncarbonated beverages (for example, Puerto Rican oatmeal beverage) are included under this total but not in any of the following subgroups.

Total alcoholic beverages--Includes beer, ale, liqueurs, cocktails, other mixed drinks, wine, and distilled liquors.

Beer and ale--Includes beer, ale, and light ("lite") beer. Excludes near beer.

Total nonalcoholic beverages--Includes coffee, tea, fruit drinks and ades, soft drinks, and near beer.

Coffee--Includes ground and instant decaffeinated and regular coffee, liquid concentrate, coffee mixes, and coffee substitutes.

Tea--Includes tea from leaves; instant tea; instant tea with lemon, sugar, or artificial sweetener; frozen concentrate; and herb and other teas.

Total fruit drinks and ades--Includes regular and low-calorie fruit drinks, punches, and ades, including those made from powdered mix and frozen concentrate.

Regular fruit drinks and ades--Includes all fruit drinks, punches, and ades, except low-calorie and low-sugar types. Excludes carbonated fruit drinks.

Low-calorie fruit drinks and ades--Includes low-calorie and low-sugar fruit drinks, punches, and ades.

Total carbonated soft drinks--Includes regular and diet carbonated soft drinks, such as colas, fruit-flavored and cream sodas, ginger ale, root beer, and carbonated

soft drinks containing fruit juice; and near beer and other malt- and ale-type nonalcoholic beverages.

Regular carbonated soft drinks--Includes all carbonated soft drinks except unsweetened and sugar-free types. Also includes near beer and other malt- and ale-type nonalcoholic beverages.

Low-calorie carbonated soft drinks--Includes unsweetened and sugar-free carbonated soft drinks, seltzer water, and carbonated mineral water.

(*)--Value less than 0.5 but more than 0.

Percentage of individuals using--User is an individual reporting any food item in the specified group or subgroup.

TABLES 2.1 TO 2.4--NUTRIENT INTAKES

Note--This table contains corrected 1985 data. Data reported in Tables 1.1A and 2.1B of CSFII Report No. 85-1 for income under 131 percent poverty included data for two women and two children whose household income was 131 percent poverty.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

Vitamin A--Represents total vitamin A activity expressed as retinol equivalents (RE) and as international units (IU).

Niacin--Values for niacin do not include niacin contributed by tryptophan, a niacin precursor.

Dietary fiber--Represents total dietary fiber. Includes both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums and pectin).

Carotenes--Represents retinol equivalents (RE) of vitamin A activity provided by beta-carotene and other provitamin A carotenoids.

Vitamin E--Represents vitamin E activity from alpha-, beta-, and gamma-tocopherol expressed as alpha-tocopherol equivalents.

Folacin--Represents total folate activity.

Sodium--Includes naturally occurring sodium, sodium contributed by compounds used in food processing, and an assumed amount of sodium used in food preparation. Excludes sodium from salt added at the table.

TABLES 3.1 TO 3.4--NUTRIENT INTAKES AS PERCENTAGE OF 1980 RECOMMENDED DIETARY ALLOWANCES

Note--This table contains corrected 1985 data. Data reported in Table 3.1 of CSFII Report No. 85-1 for income under 131 percent poverty included data for two women and two children whose household income was 131 percent poverty.

Recommended Dietary Allowances--Data in the tables are compared with the 1980 RDA. See appendix B.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

Vitamin A--Based on intakes expressed as international units (IU).

Niacin--Intakes of niacin do not include niacin contributed by tryptophan, a niacin precursor.

TABLE 4--NUTRIENT INTAKES PER 1,000 KILOCALORIES

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

TABLE 5--NUTRIENT SOURCES OF FOOD ENERGY

Food energy--Energy provided by protein, fat, and carbohydrate was calculated by using the general factors 4, 9, and 4 kilocalories per gram, respectively, rather than food-specific factors.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

TABLE 6--FREQUENCY OF EATING

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

(*)--Value less than 0.05 but more than 0.

TABLE 7--NUTRITIVE CONTRIBUTION OF SNACKS

Percentage of nutrient intake--If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

TABLE 8--NUTRITIVE CONTRIBUTION OF FOOD OBTAINED AND EATEN AWAY FROM HOME

Percentage of nutrient intake--If food away from home contributed zero percent of an individual's intake of a particular nutrient, zero percent was used in calculating the group mean.

In a day--Based on 24-hour dietary recall of day preceding interview.

Individuals--Excludes two breast-fed children in 1985.

TABLE 9--SPECIAL DIETS

Individuals--Includes two breast-fed children in 1985.

Type of special diet--Percentages listed in each column are the percentages of individuals on special diets who reported that type of diet.

Percent--Multiple types could be reported. Therefore, columns under type of diet may not sum to 100 percent.

TABLE 10--USE OF VITAMIN AND MINERAL SUPPLEMENTS

Individuals--Includes two breast-fed children in 1985.

Use--Includes both regular and occasional use of vitamin and/or mineral supplements.

TABLES 11.1 to 11.5--DISTRIBUTION OF ADULT FEMALE RESPONDENTS BY SELECTED CHARACTERISTICS

Educational level--Table 11.1 contains corrected 1985 data.

Race--Excludes individuals for whom race was not reported.

TABLE 12--CHARACTERISTICS OF THE CHILDREN'S MOTHER/CARETAKER

Individuals--Includes two breast-fed children in 1985.

TABLES 13.1 to 13.2--DISTRIBUTION OF INDIVIDUALS BY CHARACTERISTICS OF THE MALE HEAD OF HOUSEHOLD

Individuals--Includes two breast-fed children in 1985.

TABLES 14.1 TO 14.5--DISTRIBUTION OF INDIVIDUALS BY SELECTED HOUSEHOLD CHARACTERISTICS

Individuals--Includes two breast-fed children in 1985.

Race--Excludes individuals for whom race was not reported.

TABLE 15--HOUSEHOLD SIZE AND HOUSEHOLD INCOME

Mean income--Excludes households for which income was not reported.

Median income--Excludes households for which income was not reported.

TABLES 16.1 TO 16.4--HOUSEHOLD COMPOSITION AND SELECTED HOUSEHOLD CHARACTERISTICS

Race--Excludes households for which race was not reported.

Age - Calculated from date of birth as reported by the household informant.

Alpha-tocopherol equivalent - See "Vitamin E."

Calcium equivalent - The amount, expressed in grams, of fluid whole cow's milk that has the same quantity of calcium as the reported milk product. For example, the calcium equivalent of 2 ounces (57 g) of cheddar cheese is calculated as follows:

(1) Derive calcium conversion factor--

$$\frac{\text{Calcium in 100 g cheddar cheese}}{\text{Calcium in 100 g fluid whole milk}} = \frac{721 \text{ mg}}{119 \text{ mg}} = 6.06$$

(2) Multiply amount of cheddar cheese eaten, expressed in grams, by the calcium conversion factor--57 g x 6.06 = 345 g. (The amount of calcium in 57 g of cheddar cheese is equal to the amount of calcium in 345 g of fluid whole milk).

Carotenes - Beta-carotene and other provitamin A carotenoids (see Vitamin A).

Central city - See "Urbanization."

Dietary fiber - Total dietary fiber including both the insoluble fraction (neutral detergent fiber) and the soluble fraction (for example, gums in cereal grains and pectin in fruits and vegetables).

Dietary intake - See "Food intake."

Eating occasion - Any report of eating or drinking by a respondent. Each change in time of eating reported on the questionnaire was considered to be a separate eating occasion.

Educational level - Adult respondents were categorized according to the highest grade of formal schooling they completed: (a) elementary--grade 8 or less; (b) some high school--1 to 3 years; (c) high school completed--4 years or high school equivalency; (d) college--1 to 5 years or more; or (e) not reported. Formal schooling does not include trade or vocational schooling or company training unless credit is given which would be accepted at a regular school or college.

Employment status - Employment includes any work done during the week prior to the interview for which money, goods, or services were received, including active duty in the Armed Forces. A respondent was also "employed" if she had a job but was not actually at work that week. Full-time (35 hours or more) or part-time (1 through 34 hours) status was determined by the number of hours per week usually worked during the past 3 months.

Female head of household - Person indicated as such by the household informant; usually the wife of the male head of household if a male head was present.

Folacin - Total folate activity.

Food group - See "Table Notes" for descriptions of the various food groups and subgroups.

Food intake - All beverages (except water) and foods ingested by the respondent. Does not include inedible parts of foods (such as bones, rinds, and seeds); uneaten portions of food; or vitamin, mineral, or other supplements.

Food obtained and eaten away from home - Any food or beverage ingested by a respondent that did not come from the home food supply. Food obtained away from home and carried home to be eaten, such as take-home pizza, was considered part of the home food supply. See "Home food supply."

Home food supply - Foods and beverages ingested at home and food items carried from home and eaten elsewhere, such as those in picnics and packed lunches.

Household - A group of individuals who regularly occupy a house, an apartment, or a room or group of rooms that constitute a housing unit; includes persons temporarily absent, such as those who were in a dormitory, in the hospital, or traveling. Group quarters such as rooming houses, military barracks, and institutions were not included in the survey.

Household informant - The household member who gave information on household characteristics such as income, food expenditures, and participation in food assistance programs; usually the female head of household.

Household size - Number of individuals in a household. See "Household."

Income - Household informant's estimate of the total income from all sources, before taxes, of all household members in 1985. Called "household income."

Lactating female - A respondent who at the time of the interview was breast-feeding a child born since January 1, 1983.

Male head of household - Person indicated as such by the household informant; usually the husband of the female head of household.

Main meal planner/preparer - Person identified by the household informant as most responsible for planning and preparing the household's meals.

Midwest - See "Region."

Mother/caretaker - The mother or guardian of a child respondent or the person most responsible for that child.

Niacin - Nicotinic acid and nicotinamide present in foods. Does not include niacin converted from dietary tryptophan, a niacin precursor.

Nonmetropolitan areas - See "Urbanization."

Northeast - See "Region."

Nutrient density - Amount of nutrient per 1,000 kilocalories of food energy intake.

Nutrient intake - Nutrient content of all foods and beverages (except water) ingested by the respondent. Vitamin, mineral, and other supplements are excluded. See "Methodology" (appendix A) for information on the nutrient data base.

One-day dietary recall - A recall of beverages and foods ingested during the day preceding the interview--the 24 hours from 12:00 a.m. (midnight) to 11:59 p.m.

Poverty - See "Methodology" (appendix A) for explanation of how percentage of poverty level was determined.

Pregnant female - A respondent who at the time of the interview answered, "Yes," to the question, "Are you pregnant?"

Race - Self-reported by adult respondents as white, black, Asian/Pacific Islander, or Aleut/Eskimo/American Indian. Children were assigned the race of their mother/caretaker.

Recommended Dietary Allowances (RDA) - Levels of nutrient intakes considered by the Food and Nutrition Board of the National Academy of Sciences to be adequate to meet the nutritional needs of practically all healthy individuals (3). Intakes below RDA are not necessarily inadequate, but the risk of inadequacy increases to the extent that intake is less than the recommended level. The 1980 RDA for the various sex-age groups are given in appendix B.

Region - An area of the conterminous United States as defined by the U.S. Department of Commerce for the 1980 Census of Population. The four census regions and their States are as follows:

Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont.

Midwest (formerly North Central): Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin.

South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia.

West: Arizona, California, Colorado, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, Wyoming.

Retinol equivalents - See "Vitamin A."

Snack - Any eating occasion designated by the respondent as a snack, a coffee break, or a beverage break.

South - See "Region."

Spring - April, May, and June.

Suburban areas - See "Urbanization."

Supplements - Vitamins and minerals ingested by respondents in a form other than in food or beverage. Not included in food and nutrient intake data.

Urbanization - Based on metropolitan statistical areas (MSA) defined by the U.S. Department of Commerce for the 1980 Census of Population. The degrees of urbanization used in this report are as follows:

Central city: A city which has a population of 50,000 or more and is the main city within an MSA.

Suburban area: Generally within the boundaries of an MSA but not within the legal limits of the central city.

Nonmetropolitan area: Any area not within an MSA.

User - Any participant who reported eating a food item from a specified food group or subgroup at least once during the surveyed day.

Vitamin A - Vitamin A activity derived from both preformed vitamin A (retinol) and provitamin A carotenoids. Values in tables are expressed as international units (IU) and as retinol equivalents (RE). One IU equals 0.3 micrograms of retinol, 0.6 micrograms of beta-carotene, or 1.2 micrograms of other carotenoids having vitamin A activity. One RE equals 1 microgram retinol, 6 micrograms of beta-carotene, or 12 micrograms of other provitamin A carotenoids.

Vitamin E - Vitamin E activity derived from alpha-, beta-, and gamma-tocopherol and alpha-tocotrienol. Value is expressed as alpha-tocopherol equivalents. One alpha-tocopherol equivalent equals 1 milligram of alpha-tocopherol, 2 milligrams of beta-tocopherol, 10 milligrams of gamma-tocopherol, or 3.3 milligrams of alpha-tocotrienol.

Weighting factors - Factors applied to data from completed questionnaires to compensate for differing response rates among the primary sampling units and among individuals of similar ages. See "Methodology" (appendix A) for a further discussion.

West - See "Region."

Sample Design

The CSFII 1986 sample was drawn from all private households in the conterminous United States. The survey was designed to provide a multistage stratified area probability sample representative of the 48 conterminous States. The sampling frame was organized using estimates of the U.S. population in 1985. Adjustments were made at the time of the survey to reflect the 1986 population. The stratification plan took into account geographic location, degree of urbanization, and socioeconomic considerations. Each successive sampling stage selected increasingly smaller, more specific, locations.

The 48 States were grouped into the nine census geographic divisions; then all land areas within the divisions were divided into three urbanization classifications: central city, suburban, and nonmetropolitan (see Glossary). The stratification process resulted in a total of 60 strata--17 central-city, 28 suburban, and 15 nonmetropolitan--which correspond to the geographic distribution, urbanization, and density of the population within the conterminous United States as defined by the Bureau of the Census. The distribution of these strata is shown below:

Census region and division	Central city	Suburban	Nonmetropolitan
	--------number of strata--------		
Northeast:			
New England	1	1	1
Middle Atlantic	3	5	1
Midwest:			
East North Central ..	3	6	2
West North Central ..	1	1	2
South:			
South Atlantic	2	5	3
East South Central ..	1	1	2
West South Central ..	2	3	2
West:			
Mountain	1	1	1
Pacific	3	5	1
Total	17	28	15

Counties, cities, or parts of cities within each stratum were grouped together into smaller, relatively homogeneous units called primary sampling units (PSU), based on political, economic, and demographic characteristics, and/or geographical proximity. Two PSU were sampled in each stratum for a total of 120 PSU overall.

Each selected PSU was divided geographically along census boundaries into smaller clusters, known as area segments, each containing a minimum of 100 housing units. A total of 206 area segments were drawn into the sample. Each area segment was selected with a probability proportional to the size of the PSU.

The 206 area segments were prelisted prior to the CSFII 1985 to identify the existing housing units within the area boundaries at the time of the first year's survey. To ensure comparability between 1985 and 1986, the housing units drawn into the CSFII 1986 sample came from the same 206 area segments. However, different housing units were selected for the CSFII 1986.

The prelisted number of housing units in the area as of 1985, together with census information, served as the basis for determining the initial number of housing units to be selected for the CSFII 1986 sample from that area. In addition, new housing units which came into existence between the 1985 and 1986 surveys had a chance of being sampled.

In total, 4,329 sample housing units were identified for contact. Of these, 464 were not occupied at the time of field contact.

Data Collection

To contact individuals in housing units selected as part of the sample, trained interviewers made a minimum of three personal visits plus up to eight telephone calls to each household having a telephone. To contact households without telephones, interviewers made a minimum of six personal visits (five in rural areas). At each household, the interviewer conducted a screening interview to determine if the household was eligible to participate in the survey.

Eligible households contained at least one woman 19 to 50 years of age at the time of initial contact. In eligible households, all women within this age range and their children ages 1 through 5, if any, were invited to be interviewed and to participate in a yearlong survey panel. A letter of introduction was provided, and respondents were informed that the full survey involved the collection of 6 days of intake data--each day at approximately 2-month intervals.

Of the 1,722 households containing at least one age-eligible woman, 1,352 households participated and provided useful data. A total of 1,501 women and 509 children satisfactorily completed the first CSFII 1986 food intake interview.

The interviewing process included two major steps: (1) collection of information about the household and (2) collection of information on food intake. Separate intake records were used for each woman and for each child.

Interviewers were instructed to complete all interviews in a single household during the same visit, to complete the household schedule first and then the required intake records, and to obtain intake data about a woman and her children for the same 24-hour period. Interviewers were provided with instructions

on what to do if deviation from this pattern was necessary.

Multiple contacts were made when needed to complete interviews in eligible households. Interviewing of a household was not considered complete until the household schedule and intake records for all eligible individuals who agreed to participate were obtained.

Information on the characteristics of the household was collected from the primary age-eligible woman in the household (the household informant). The female head of the household was always the household informant if she was age-eligible. In households where the female head was not age-eligible or where she did not take part in the survey, interviewers collected data on household characteristics from the age-eligible woman who was the main meal planner/preparer or the age-eligible woman who could best answer questions about the household. Household characteristics included the previous year's household income before taxes; participation in food programs; age, education, occupation, and employment status of the male head of household; household size; tenancy; usual amount of money spent on food; and each household member's sex, age, and relationship to the female head of the household.

Each woman interviewed provided information on her own food intake as well as that of her children 1 to 5 years of age. Information was collected on all food eaten either at home or away, the time of day food was eaten, what the eating occasion was called, and the use of salt at the table. The main meal planner/preparer was asked about the use of fat (including type) and salt in food preparation and about the form in which the food was brought into the home (commercially frozen, canned, or bottled or in another form). Foods were designated as coming from the home food supply or as obtained and eaten away from home (see Glossary). A Food Instruction Booklet, developed by National Analysts, was used by the interviewers to help respondents adequately describe foods and amounts eaten. The interviewers used standard household measuring cups and spoons and a ruler during the interview to help respondents estimate quantities of foods and beverages consumed. Respondents kept the cups, spoons, and ruler for use during subsequent interviews.

Each woman interviewed also provided information on her age, race, physiological status (pregnancy and lactation), employment, occupation, education, use of special diets, and use of vitamin and mineral supplements. Information on children's special diets and use of supplements was provided by their mothers/caretakers. The race of the mother/caretaker was assigned to the children.

Eligible households were scheduled for interview in a manner designed to provide representativeness of intake data by day of the week. The distribution of intake data by day of the week for all women and children is as follows:

Day of week of reported intake	Acceptable dietary forms collected
	----percent-----
Sunday	16
Monday	16
Tuesday	16
Wednesday	16
Thursday	14
Friday	16
Saturday	6*

* Many participants were reluctant to be interviewed on a Sunday.

Sample Weights

The sample was designed to be self-weighting; that is, every housing unit in the sample had a known and equal chance of being sampled. However, adjustments to the sample were required because not all eligible households participated, not all eligible women and children in eligible households were interviewed, and not all interviews yielded complete dietary information. Weighting factors were applied to data from completed intake records to adjust for these sources of non-response. Weighting procedures involved the following steps:

(1) Household weights for each area segment were determined by estimating the total number of eligible occupied households and dividing this number by the actual number of interviewed households in the segment. The resulting household weights were adjusted so that the weighted number of households equals the unweighted number of households, except for rounding differences.

(2) Separate initial weights were required for children and for women. The adjustment for eligible children for whom complete dietary intake information was not collected was made on an age basis across all households in a segment. All eligible children in participating households were divided into two age groups: those under $2\frac{1}{2}$ years and those $2\frac{1}{2}$ years and over. Children in each age group were listed by area segment. If complete dietary intake data were provided for all eligible children within an area segment, each child was given an initial weighting factor of 1.00. In area segments having children with missing dietary data, participating children received initial weighting factors that summed to the number of eligible children within the same age group in that segment. For example, if dietary data were missing or incomplete for one of five eligible children in the same area segment and age group, the other four children for whom intake data were obtained were assigned an initial weighting factor of 1.25.

The adjustment for eligible women for whom complete dietary intake information was not collected was made within a sample household.

First, the number of age-eligible women and the number of participating women in each household were determined. Second, in households where all eligible women participated, each woman was given an initial weighting factor of 1.00. In households where not all of the age-eligible women participated, the women in that particular household who did participate received weighting factors that summed to the number of eligible women in that household.

(3) The initial weighting factor for each child or woman was then multiplied by the household weight to obtain the final individual weight.

The unweighted and weighted counts of individuals by sample weighting groups for the first food intake interview of the CSFII 1986 are shown below:

	Unweighted count	Weighted count
Children:		
2½ years or under.....	132	148
Over 2½ years.....	377	399
Women:		
19-50 years	1,451	1,510
All individuals	1,960	2,057

Data Processing

Completed schedules were coded by the contractor (National Analysts) using food codes, weights, and guidelines provided by the Human Nutrition Information Service (HNIS) (4). Each food and beverage reported as ingested during the 24-hour survey period was assigned a code number, and amounts of foods ingested were converted to weight in grams. Items that could not be coded by the contractor with information available were referred to HNIS for resolution. New codes were created by HNIS as needed.

The amount of each nutrient in each food eaten was calculated using the weight (in grams) of that food from the intake record and the nutritive value of that food (per 100 grams) from a nutrient data base. The intake records and the nutrient data base were linked by the food codes. Amounts of each nutrient in all foods reported by an individual were summed to obtain the nutrient intake for the day.

The nutrient data base used to calculate nutrient intakes was developed by HNIS for use in this survey. The data base contains representative nutrient values for 100 grams of the edible portion of approximately 4,600 food items. The values for most items containing two or more ingredients were calculated from ingredient data using representative recipes. Responses to the questions asked of the main meal preparer on use of salt and fat in food preparation were translated into an assumed amount of salt or fat added to the recipe and were coded accordingly. Fat was coded by type.

(These codes were used only for the individual providing the information, not for other household members.)

The nutrient data base developed for use with the CSFII includes values for food energy and 29 nutrients and other dietary components.[1] The sources of these values are the USDA Nutrient Data Base for Standard Reference (5) and the USDA Nutrient Data Bank (6). Most of the values are supported by laboratory analyses. Nutrient values not available from laboratory analysis were imputed from data for other forms of the food or from data for similar foods. Most of the components have a relatively strong research base. Data for some components, however, are less well founded.

Values for the beta-carotene content of foods have not been reported frequently, and existing reports are often not clear as to whether a value is explicit for beta-carotene or whether it includes other carotenoids. Values in the data base for carotene are those assumed by HNIS in arriving at the values for total vitamin A and should not be interpreted as representing solely beta-carotene. Only limited data are available for vitamin E and dietary fiber. Data for vitamin E (as alpha-tocopherol equivalents) are available mainly for basic staple or commodity food items. Values for dietary fiber generally represent either total dietary fiber by direct determination or the sum of insoluble fiber and soluble fiber in foods for which data exist.

Data were subjected to computer-assisted cleaning and checking by the contractor. Dietary intake records that were known to be incomplete were eliminated. Individuals' heights and weights were compared with the 2nd and 98th percentiles for individuals of the same age group and sex in the NFCS 1977-78 as a check for reasonableness. The gram weight of each individual's total intake of food and intakes of food energy, protein, fat, carbohydrate, calcium, iron, and ascorbic acid were checked for reasonableness in a similar manner. Also, the gram weight of each food reported was checked against reasonable maximums established by HNIS on a food group basis. Data that fell outside the limits set as reasonable were checked against the original questionnaire and were corrected if in error.

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[1]Protein, total fat, carbohydrate, vitamin A (as international units), ascorbic acid, thiamin, riboflavin, niacin, vitamin B-6, vitamin B-12, calcium, phosphorus, magnesium, iron, saturated fat, monounsaturated fat, polyunsaturated fat, cholesterol, dietary fiber, alcohol, carotenes, vitamin E, folacin, zinc, copper, sodium, potassium, and moisture (water). The nutrient data base also includes vitamin A expressed as retinol equivalents. The tables in this report present values for vitamin A expressed in two ways, IU and RE. Although alcohol was used in the calculation of total energy, separate values for alcohol are not given in the report, nor are values for the moisture content of foods.

Data Presentation

Data tapes provided by the contractor were further processed by HNIS to generate the tables in this report. These tables were produced using the U.S. Department of Labor, Bureau of Labor Statistics' Print Control Language (7) and Table Producing Language (8).

Food intakes--The data on food intakes presented in Tables 1.1-1 to 1.6-2 are arithmetic means (averages) for the group of individuals identified in the side stub. For each food group and subgroup identified in the column head, quantities reported for each individual at each eating occasion were totaled, and a group mean was calculated. If no food from a specific food group or subgroup was reported on the survey day, that individual's total was zero; the zero was included in the calculation of the group mean. The mean intakes in the tables, therefore, include intake values for both users and nonusers. The 1985 data include two women with zero intakes for the day. In 1986, there were no women with zero intakes. Mean intakes per user can be calculated by dividing the mean intake for a group of individuals by the percentage of individuals using food from that food group, expressed as a decimal. For example, the mean intake per user of beef by women 19 to 50 years of age in 1986 can be determined as follows:

$$\frac{\text{28 grams beef (from table 1.1-1)}}{\text{0.247 (24.7 percent from table 1.1-2)}} = \text{113 grams of beef per user}$$

Nutrient intakes--The nutrient intakes by individuals presented in tables 2.1 to 2.4 do not include vitamin and mineral supplements. Although data were collected on the frequency and type of vitamin and mineral supplements used, amounts were not obtained. Also, the sodium intake does not include sodium from salt added at the table.

Nutrient intakes and RDA--The nutritive values of food intakes as percentages of the RDA were derived by using the RDA for a person of the appropriate sex and age (3). Mean percentages for each age group were calculated. The RDA are listed in appendix B.

Energy sources--The percentage contributions of protein, fat, and carbohydrate to food energy intake were calculated by multiplying each individual's intake of protein by 4 kilocalories per gram, fat by 9 kilocalories per gram, and carbohydrate by 4 kilocalories per gram; dividing those values by the individual's total food energy intake; converting to percentages; and then calculating group means. The general factors 4, 9, and 4 give estimates for a typical mixed diet (9). Alcohol is also an energy source and was considered in determining total energy, but the percentage of food energy contributed by alcohol was not calculated.

Income levels--Tables presenting results by income level use household income expressed as a percentage of the Federal poverty guidelines. Each household's income before taxes was expressed as a percentage of the poverty guideline for households of the appropriate size. Individuals were then grouped according to their household income as a percentage of the poverty guideline. The poverty guidelines, provided by the U.S. Department of Health and Human Services (10,

11), are adapted from the poverty thresholds published by the Bureau of the Census. They are used by many Federal agencies to determine whether a person or family is financially eligible for assistance under a particular Federal program. The guidelines (which are based on the previous year's income) are as follows:

Household size	1985 poverty guidelines	1986 poverty guidelines
1	$ 5,250	$ 5,360
2	7,050	7,240
3	8,850	9,120
4	10,650	11,000
5	12,450	12,880
6	14,250	14,760
7	16,050	16,640
8	17,850	18,520

For households with more than eight members, $1,800 was added for each additional member in 1985 and $1,880 for each additional member in 1986.

Snacks and food eaten away from home--Dietary data used in calculating the mean percentage contributions of snacks (see Glossary) to the day's intakes of food energy and nutrients include intakes by all individuals, whether or not they reported snacks. For each individual, the amount of each nutrient obtained from snacks was expressed as a percentage of that individual's intake of that nutrient for the entire day. If snacks contributed zero percent of an individual's intake of a particular nutrient, zero percent was included in calculating the group mean. The nutrient contribution of foods obtained and eaten away from home was calculated in a similar manner.

Appendix B: Recommended Dietary Allowances, 1980 [3]

Sex and age (years)	Food energy	Protein	Water-soluble vitamins						
			Vitamin C	Thiamin	Ribo-flavin	Niacin	Vitamin B-6	Folacin	Vitamin B-12
	kcal	g	mg			mg(NE)[1]	mg	mcg	
Males and females:									
0.0-0.4	690	13.2	35	0.3	0.4	6	0.3	30	0.5
0.5-0.9	945	18.0	35	0.5	0.6	8	0.6	45	1.5
1-3	1,300	23.0	45	0.7	0.8	9	0.9	100	2.0
4-6	1,700	30.0	45	0.9	1.0	11	1.3	200	2.5
7-10	2,400	34.0	45	1.2	1.4	16	1.6	300	3.0
Males:									
11-14	2,700	45.0	50	1.4	1.6	18	1.8	400	3.0
15-18	2,800	56.0	60	1.4	1.7	18	2.0	400	3.0
19-22	2,900	56.0	60	1.5	1.7	19	2.2	400	3.0
23-50	2,700	56.0	60	1.4	1.6	18	2.2	400	3.0
51-75	2,400	56.0	60	1.2	1.4	16	2.2	400	3.0
76 and over ..	2,050	56.0	60	1.2	1.4	16	2.2	400	3.0
Females:									
11-14	2,200	46.0	50	1.1	1.3	15	1.8	400	3.0
15-18	2,100	46.0	60	1.1	1.3	14	2.0	400	3.0
19-22	2,100	44.0	60	1.1	1.3	14	2.0	400	3.0
23-50	2,000	44.0	60	1.0	1.2	13	2.0	400	3.0
51-75	1,800	44.0	60	1.0	1.2	13	2.0	400	3.0
76 and over ..	1,600	44.0	60	1.0	1.2	13	2.0	400	3.0
Pregnant:									
11-14	2,500	76.0	70	1.5	1.6	17	2.4	800	4.0
15-18	2,400	76.0	80	1.5	1.6	16	2.6	800	4.0
19-22	2,400	74.0	80	1.5	1.6	16	2.6	800	4.0
23-50	2,300	74.0	80	1.4	1.5	15	2.6	800	4.0
Lactating:									
11-14	2,700	66.0	90	1.6	1.8	20	2.3	500	4.0
15-18	2,600	66.0	100	1.6	1.8	19	2.5	500	4.0
19-22	2,600	64.0	100	1.6	1.8	19	2.5	500	4.0
23-50	2,500	64.0	100	1.5	1.7	18	2.5	500	4.0

[1]One NE (niacin equivalent) is equal to 1 mg of preformed niacin or 60 mg of dietary tryptophan.

Appendix B: Recommended Dietary Allowances, 1980[3]—Con.

Sex and age (years)	Fat-soluble vitamins			Minerals				
	Vitamin A		Vitamin E	Calcium	Phosphorus	Magnesium	Iron	Zinc
	RE	IU[2]	Alpha-TE	mg				
Males and females:								
0.0-0.4	420	1,400	3	360	240	50	10	3
0.5-0.9	400	2,000	4	540	360	70	15	5
1-3	400	2,000	5	800	800	150	15	10
4-6	500	2,500	6	800	800	200	10	10
7-10	700	3,300	7	800	800	250	10	10
Males:								
11-14	1,000	5,000	8	1,200	1,200	350	18	15
15-18	1,000	5,000	10	1,200	1,200	400	18	15
19-22	1,000	5,000	10	800	800	350	10	15
23-50	1,000	5,000	10	800	800	350	10	15
51-75	1,000	5,000	10	800	800	350	10	15
76 and over ..	1,000	5,000	10	800	800	350	10	15
Females:								
11-14	800	4,000	8	1,200	1,200	300	18	15
15-18	800	4,000	8	1,200	1,200	300	18	15
19-22	800	4,000	8	800	800	300	18	15
23-50	800	4,000	8	800	800	300	18	15
51-75	800	4,000	8	800	800	300	10	15
76 and over ..	800	4,000	8	800	800	300	10	15
Pregnant:								
11-14	1,000	5,000	10	1,600	1,600	450	18	20
15-18	1,000	5,000	10	1,600	1,600	450	18	20
19-22	1,000	5,000	10	1,200	1,200	450	18	20
23-50	1,000	5,000	10	1,200	1,200	450	18	20
Lactating:								
11-14	1,200	6,000	11	1,600	1,600	450	18	25
15-18	1,200	6,000	11	1,600	1,600	450	18	25
19-22	1,200	6,000	11	1,200	1,200	450	18	25
23-50	1,200	6,000	11	1,200	1,200	450	18	25

[2]Vitamin A allowances were converted from retinol equivalents to international units to allow comparison with 1977 intake data.

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